Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
osteo bi flex Osteo Bi-Flex 2 caplets	0	0		0	0	0	0	30		0
Great Value 100% Liquid Egg Whites 3 x 3 tbsp, 138 oz	75	0	0	3	0	0	15	225	0	180
Baby Spinach 1/4 baby leaf	0	0	0	0.01	0	0	0	0	0	
BSN N.O.-Xplode 1 scoop, 20.5 g	25	0	0	6	0	0	0	230	0	75
Egg (Whole) 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Oscar Mayer Turkey Bacon (15g) 1 slice, 15 g	30	2.5	0.5	0	0	0	2	140	15	
Kraft Three Cheese with Philadelphia 1/2 x 1/4 (cup)	50	4.5	2.5	0.5	0	0	3	95	12.5	0
Silk Pure Almond Milk - Unsweetened Original 1 1/4 x 1 cup, 300 ml	38	3.12	0	1.25	1.25	0	1.25	200	0	43.75
Simply Right Fish Oil 1 softgel	5	0.5		0			0		5	
muscletech research and development 100% premium whey protein plus 1 scoop, 33 g	120	1	1	9	0.5	2	20	95	35	

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Total	527	17.07	5.691	47.28	4.85	16.81	49.4	1095	279.5	1010.75
Lunch										
Flatout Healthy Grains Multi-Grain with Flax Flatbread 1 flatbread, 42 g	100	2.5	0	17	9	1	9	200	0	0
sargento Pepper Jack Cheese Reduced Sodium 1 slice	70	6	3.5	0			4	90	15	20
Marketside Fresh Spinach (Marketside) 1/4 x 3 cups, 21 g	5	0	0	0.75	0.5	0	0.5	16.25	0	0
Dole Spring Mix Salad 1/4 x 3 cups, 21 g	5	0	0	0.75	0.5	0	0.5	23.75	0	0
Marketside Premium Romaine 1/2 x 3 cups, 42.5 g	8	0	0	1.5	0.5	1	0.5	7.5	0	0
Avocados 1/4 oz	11	1.04	0.151	0.6	0.5	0.05	0.14	0	0	34
Butterball Cajun Style Turkey Breast 2 x 2 oz, 112 g	120	2	0	4	0	2	22	960	50	
Newman's Own Light Raspberry Walnut Dressing 2 tbs, 30 g	70	5	0.5	7	0	5	0	120	0	
Total	389	16.54	4.151	31.6	11	9.05	36.64	1417.5	65	54
Dinner										
Yellow Sweet Peppers 1/2 large (3-3/4" long, 3" dia)	25	0.2	0.029	5.88	0.8		0.93	2	0	197
Green Peppers 1/4 cup sliced	5	0.04	0.013	1.07	0.4	0.55	0.2	1	0	40
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67

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1 oz										
Broccoli	8	0.08	0.009	1.51	0.6	0.39	0.64	8	0	72
1/4 cup chopped										
Boar's Head Rotisserie Seasoned Chicken Breast	120	2	0	0	0	0	26	800	70	360
2 x 2 oz, 112 g										
Sweet Red Peppers	6	0.07	0.014	1.39	0.5	0.97	0.23	0	0	49
1/4 cup sliced										
Cauliflower	6	0.02	0.008	1.32	0.6	0.6	0.5	8	0	76
1/4 cup										
Total	180	2.45	0.08	13.51	3.4	3.86	28.68	841	70	861
Snacks/Other										
McDonald's McDouble	380	17	8	34	2	7	22	840	75	
1 serving										
Detour Lower Sugar Whey Protein Bar - Caramel Peanut	170	5	3	17	2	12	15	240	5	140
1 bar, 43 g										
Naturally More Organic Peanut Butter	169	11	2	8	4	2	10	130	0	
2 tbsp, 32 g										
Lipton Energize to Go Blueberry Pomegranite Ice Tea Mix Single	0	0	0	0	0	0	0	0	0	0
2 x .04 oz (.7g)										
Wrigley Eclipse Polar Ice Sugar Free Chewing Gum	30	0		12		0	0	0		
6 x 1 piece, 18 g										
Blue Diamond Whole Natural Almonds	160	14	1	6	3	1	6	0	0	210
24 nuts, 1 oz										

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Optimum Nutrition Gold Standard 100% Casein - Creamy Vanilla 1 heaping scoop, 32 g	120	1	0.5	3	1	0	24	220	10	
Fuji Apples 1/2 large (3-1/4" dia) (approx 2 per lb)	55	0.18	0.03	14.64	2.6	11.02	0.28	1	0	
Supreme Supreme Supreme Protein Caramel 1 Bar, 50 g	200	8	5	18	1	2	15	150	10	30
Dannon Oikos Greek Nonfat Yogurt - Vanilla (Container) 1 container, 150 g	120	0	0	19	0	18	12	45	5	135
Wasa Multi Grain Crackers 3 x 1 slice, 42 g	180	0	0	33	6	0	6	225	0	
Total	1584	56.18	19.53	164.64	21.6	53.02	110.28	1851	105	515
Total	**2680**	**92.24**	**29.452**	**257.03**	**40.85**	**82.74**	**225**	**5204.5**	**519.5**	**2440.75**