Thursday, July 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Tres Omega Organic Extra Virgin Coconut Oil 10 g	86	10	8.92	0	0	0	0	0	0	0
Nature's Own 100% Whole Wheat Sliced Bread 2 x 1 slice, 86 g	120	1	0	22	4	2	8	220	0	
Cream of Wheat Enriched Farina (2-1/2 Minute) 3 tbsp, 33 g	110	0		24	1	1	4	100	0	
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Domino Sugar Dark Brown Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	
Clover Honey 2 tbsps	120	0	0	32.47	0.1	32.36	0.12	2	0	
Cinnamon 1 tsp	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice 8 fl oz, 240 ml	140	0	0	33	1	27	2	25	0	470
Crystal Farms All Whites 4 x 3 tbsp (46 gm)	100	0	0	0	0	0	20	300	0	300
Sargento Sliced Sharp Cheddar 1 slice, 21 g	80	7	4	0	0	0	5	130	20	0
Florida Crystals Demerara Sugar	30	0	0	8	0	8	0	0	0	0

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 tsp, 8 g										
Total	973	18.3	12.959	157.79	7.9	103.83	48.14	910	25	1362
Lunch										
Dinner										
Super Advanced Whey Protein - Chocolate (42g)	170	2.5	1.5	7	1	2	30	100	70	210
1 scoop, 42 g										
Fat Free Skim Milk with Vitamins A & D	80	0	0	12	0	11	8	120	5	400
8 oz, 240 ml										
Strawberries	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
1/2 cup halves										
Bananas	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
1/2 medium (7" to 7-7/8" long)										
Fage Total 0% Greek Yogurt	65	0	0	4.5	0	4.5	11.5	42.5	0	0
1/2 x 1 cup, 113.5 g										
Harris Teeter Blueberries	60	0	0	14	3	10	1	0	0	
1/2 cup , 100 g										
Wal-Mart Fresh Pineapple	39	0.1		10.15	1.1	7.65	0.4	1	0	
1/2 x 1 cup, 77.5 g										
Driscoll's Blackberries	22	0.25	0	5	2.5	2.5	0.5	0.5	0	116.5
1/2 x 1 cup, 72 g										
Green Giant Fresh Baby Cut Carrots	35	0	0	8	2	5	1	65	0	270
10 carrots, 85 g										
Chicken Breast in Water	35	0.75		0	0	0	6	125	20	
1/2 x 1/3 cup, 35.5 g										
Chicken Breast in Water	140	3		0	0	0	24	500	80	
2 x 1/3 cup, 142 g										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	723	7.02	1.577	79.97	12.6	53.41	83.55	956	175	1323.5
Snacks/Other										
70% Cocoa Chocolate 1/2 x 4 pieces, 20 g	104	8	4.8	6.6		5.6	1.6	12		
Reduced Sodium Colby-Jack Cheese Snacks 2 x 1 stick, 42 g	160	14	9	0	0	0	10	210	40	30
Maker's Mark Bourbon Whiskey 2 x 1 shot, 2 oz	138	0		0	0	0	0	0	0	
Gatorade Low Calorie G2 Glacier Freeze (Bottle) 3 x 1 bottle, 1773 ml	135	0		36	0	36	0	810	0	
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Total	562	24.6	13.8	42.6	0	41.6	11.6	1032	40	30
Total	**2258**	**49.92**	**28.336**	**280.36**	**20.5**	**198.84**	**143.29**	**2898**	**240**	**2715.5**