Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream of Wheat Cream of Wheat	440	0	0	92	4		12	0	0	
4 x 3 tbsp, 120 g										
Publix Fat Free Milk	135	0	0	19.5	0	18	13.5	195	6	630
1 1/2 x 1 cup, 360 ml										
Domino Sugar Light Brown Sugar	90	0	0	24	0	24	0	0	0	
6 x 1 tsp, 24 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
POM Wonderful 100% Pomegranate Juice	150	0	0	36	0	31	1	0	0	600
8 fl oz, 236 ml										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	200	16	10	2	0	0	12	320	50	
2 x 1/4 cup, 56 g										
Total	1160	16	10	185.5	4	85	58.5	815	56	1530
Lunch										
Dinner										
Chobani Nonfat Vanilla Greek Yogurt	180	0	0	25	0	20	20	95	10	0
8 oz, 227 g										
Great Value Fat Free Milk	112	0	0	16.25	0	15	10	162.5	6.25	512.5
1 1/4 x 1 cup, 300 ml										

Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Harris Teeter Blueberries	60	0	0	14	3	10	1	0	0	
1/2 cup , 100 g										
Strawberries	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
1/2 cup halves										
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										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Goya Large Lima Beans	140	0	0	44	24	2	14	40	0	
2 x 1/4 cup, 88 g										
Cub Foods Ground Beef (93% Lean / 7% Fat)	170	8	3	0	0	0	23	70	65	
4 oz, 112 g										
Goya Dark Red Kidney Beans	90	1	0	19	8	1	7	380	0	
1/2 cup, 125 g										
Cooked Dry White Beans	178	7.45	0.979	20.67	5.2	0.3	8.02	178	0	463
1/2 cup, NFS										
Total	1240	18.42	5.122	195.86	48.9	78.42	105.72	1024	116.25	1630
Snacks/Other										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	60	5.6	1	1	0	0	0.5	0	25	

Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2460	40.02	16.122	382.36	52.9	163.42	164.72	1839	197.25	3160