Wednesday, July 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Smucker's Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16 g	100	8	1.25	3	1	0.5	3.5	52.5	0	
Bananas 1/2 medium (7" to 7-7/8" long)	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
So Delicious Coconut Milk Unsweetened 1/2 x 1 cup, 120 ml	22	2.5	2	1	0.5	0	0	7.5	0	32.5
Spectrum Organic Ground Flaxseed 1/2 x 2 tbsp, 7 g	35	3	0.25	2	1.5	0	1.5	0	0	
True Athlete Natural Whey Protein Vanilla 2 scoops, 28 g	100	1	0.5	3	1	1	20	115	65	
Total	310	14.69	4.066	22.48	5.5	8.72	25.64	176	65	243.5
Lunch										
Green Peas 1/4 cup	29	0.14	0.026	5.24	1.8	2.06	1.96	2	0	88
Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	0
Peloponnese Kalamata Olives 1 1/2 x 5 olives, 22.5 g	68	6.75	0.75	1.5			0	315	0	
Castle Wood Herb Roasted Turkey Breast (Castle Wood Reserve) 2 x 2 oz	120	1	0	2	0	2	24	460	60	
Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	167

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Lettuce Salad with Assorted Vegetables 3 cups	33	0.33	0.046	6.97	2.4	4	1.64	44	0	360
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Red Sweet Pepper 1/2 medium (approx 2-3/4" long, 2-1/2" dia)	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
Dry Roasted Hulled Sunflower Seeds 3/4 oz, with hulls, edible yield	65	5.6	0.587	2.71	1	0.31	2.17	46	0	96
Total	544	30.81	5.494	23.87	7.1	11.77	43.8	1032	483	971

Dinner

Avocados 1/2 avocado, NS as to Florida or California	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
Chicken Thigh (Skin Not Eaten) 1 small (yield after cooking, bone and skin removed)	95	4.96	1.382	0	0	0	11.83	189	43	109
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Lettuce Salad with Assorted Vegetables 3 cups	33	0.33	0.046	6.97	2.4	4	1.64	44	0	360
Chicken Breast (Skin Not Eaten) 7 oz boneless, cooked (yield after skin removed)	298	6.44	1.823	0	0	0	55.98	721	153	462
Dry Roasted Hulled Sunflower Seeds 3/4 oz, with hulls, edible yield	65	5.6	0.587	2.71	1	0.31	2.17	46	0	96
Total	771	45.56	7.839	18.25	10.1	4.97	73.63	1007	196	1514

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Snacks/Other										
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
True Athlete Natural Whey Protein Vanilla 2 scoops, 28 g	100	1	0.5	3	1	1	20	115	65	
Total	145	2.5	0.5	8	3	2	25	209	65	
Total	**1770**	**93.56**	**17.899**	**72.6**	**25.7**	**27.46**	**168.07**	**2424**	**809**	**2728.5**