# Friday, April 4, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Trader Joe's Milk Chocolate Peanut Butter Cups | 360 | 22 | 12 | 40 | 2 | 38 | 4 | 110 | 10 | |
| 2 x 3 pieces, 68 g | | | | | | | | | | |
| Dannon Light & Fit Greek - Vanilla | 80 | 0 | 0 | 9 | 0 | 7 | 12 | 50 | 10 | 140 |
| 1 container, 150 g | | | | | | | | | | |
| Bananas | 90 | 0.33 | 0.113 | 23.07 | 2.6 | 12.35 | 1.1 | 1 | 0 | 362 |
| 1 small (6" to 6-7/8" long) | | | | | | | | | | |
| tjs Apple Cranberry Fiber Mini Cakes (Trader Joe's) | 80 | 1.5 | | 22 | 12 | | 5 | | | |
| 1cake | | | | | | | | | | |
| Safway Select ChunkyVclassic Salsa | 10 | 0 | 0 | 2 | 0 | 0 | 0 | 180 | 0 | 0 |
| 2 tbsp, 30 g | | | | | | | | | | |
| Coffee (Brewed From Grounds) | 24 | 0.47 | 0.047 | 0 | 0 | 0 | 2.84 | 47 | 0 | 1161 |
| 10 cups (8 fl oz) | | | | | | | | | | |
| Egg White | 69 | 0.22 | 0 | 0.96 | 0 | 0.94 | 14.39 | 219 | 0 | 215 |
| 4 large | | | | | | | | | | |
| Kroger 4 cheese Mexican blend | 80 | 5 | | 0 | 0 | 0 | 7 | 240 | 15 | |
| 1/4 (cup) | | | | | | | | | | |
| Total | 793 | 29.52 | 12.16 | 97.03 | 16.6 | 58.29 | 46.33 | 847 | 35 | 1878 |
| **Lunch** | | | | | | | | | | |
| Skinless Chicken Breast | 117 | 1.32 | 0.351 | 0 | 0 | 0 | 24.57 | 69 | 62 | |
| 3.8 oz boneless, cooked, skinless | | | | | | | | | | |
| Green Giant Simply Steam Garden Vegetable Medley | 140 | 1 | 0 | 24 | 2 | 6 | 4 | 620 | 0 | 600 |
| 2 x 1 package, 452 g | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|
| EAS AdvantEDGE Carb Control Shake - French Vanilla<br>11 fl oz, 330 ml | 100 | 2.5 | 0.5 | 2 | 0.5 | 0 | 17 | 450 | 0 | 350 |
| Total | 357 | 4.82 | 0.851 | 26 | 2.5 | 6 | 45.57 | 1139 | 62 | 950 |
| **Dinner** | | | | | | | | | | |
| See's Candies Assorted Chocolate Box<br>1/2 x 2 pieces, 17 g | 80 | 4.5 | 2.25 | 10 | 0.45 | 8 | 1 | 20 | 5 | |
| Skinless Chicken Breast<br>3 oz boneless, cooked, skinless | 92 | 1.04 | 0.277 | 0 | 0 | 0 | 19.4 | 55 | 49 | |
| Green Giant Corn Niblets<br>1/2 x 1/2 cup, 62.5 ml | 30 | 0.5 | | 6 | 1 | 2.5 | 1 | 125 | | |
| Albertsons Fat Free Shredded Mozzarella Cheese<br>1/4 cup, 28 g | 40 | 0 | | 2 | 0 | 1 | 8 | 300 | 5 | |
| Kraft Light Ranch Reduced Fat Dressing<br>2 tbsp , 32 g | 70 | 4.5 | 0.5 | 7 | 0 | 1 | 0 | 370 | 10 | |
| Del Monte Diced Tomatoes No Salt Added<br>1/4 x 1/2 cup, 32 g | 6 | 0 | 0 | 1.5 | 0.5 | 1 | 0.25 | 12.5 | 0 | 75 |
| Lettuce Salad with Assorted Vegetables<br>2 cups | 22 | 0.22 | 0.031 | 4.65 | 1.6 | 2.66 | 1.1 | 30 | 0 | 240 |
| 365 Organic Light Unsweetened Soy Milk<br>1 cup, 8 oz | 70 | 1.5 | 0 | 9 | 2 | 6 | 6 | 90 | 0 | 300 |
| Bob's Red Mill Flax Seed<br>1/2 x 2 tbsp, 10 g | 45 | 4 | 0.25 | 3.5 | 3 | 0 | 2 | 2.5 | 0 | 0 |
| Nutiva Organic Chia Seed<br>3 tbsp, 30 g | 60 | 3 | 0 | 5 | 5 | 0 | 3 | 0 | 0 | 60 |

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|---|---|---|---|---|---|---|---|---|---|---|
| MusclePharm Combat Powder - Cookies 'N' Cream | 140 | 2 | 1 | 5 | 1 | 2 | 25 | 100 | 45 | 200 |
| 1 scoop, 35 g | | | | | | | | | | |
| Total | 655 | 21.26 | 4.308 | 53.65 | 14.55 | 24.16 | 66.75 | 1105 | 114 | 875 |
| **Snacks/Other** | | | | | | | | | | |
| Trader Joe's Roasted Coconut Chips | 17 | 1.07 | 1.07 | 1.6 | 0.43 | 0.96 | 0.11 | 13.91 | 0 | 0 |
| 3 g | | | | | | | | | | |
| Kraft Cool Whip Lite | 20 | 1 | 1 | 3 | 0 | 1 | 0 | 0 | 0 | |
| 2 tbsp, 9 g | | | | | | | | | | |
| Sun-Maid Mini-Snacks Natural California Raisins | 45 | 0 | 0 | 11 | 1 | 10 | 0 | 0 | 0 | 110 |
| 1 box, 0.5 oz | | | | | | | | | | |
| Smirnoff Vodka | 194 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 2 x 1 shot, 3 oz | | | | | | | | | | |
| Fred Meyer Carbmaster Yogurt | 60 | 1.5 | | 4 | | 3 | 8 | 100 | 10 | 140 |
| 1 container, 6 oz | | | | | | | | | | |
| Total | 336 | 3.57 | 2.07 | 19.6 | 1.43 | 14.96 | 8.11 | 113.91 | 10 | 250 |
| **Total** | **2141** | **59.17** | **19.389** | **196.28** | **35.08** | **103.41** | **166.76** | **3204.91** | **221** | **3953** |