Thursday, November 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Extra Crunchy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	115	0	0
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Nature's Own 100% Whole Grain Bread (26g) 4 x 1 slice, 104 g	280	6	0	48	8	8	16	460	0	
Total	712	35.51	6.26	74.16	10	29.01	35.54	1053	420	144
Lunch										
Jif Extra Crunchy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	115	0	0
Kroger Pure Clover Honey 1 tbsp, 21 g	60	0		17	0	16	0	0	0	
Arnold Healthy Multi-Grain Bread 2 x 1 slice, 86 g	200	3	0	40	8	8	10	300	0	
Total	450	19	2.5	65	10	27	17	415	0	0
Dinner										
Bluebonnet Whey Protein Isolate - French Vanilla 1 scoop, 33 g	125	0.5	0.5	3	0	1.5	26	60	15	160
Snacks/Other										
Total	1287	55.01	9.26	142.16	20	57.51	78.54	1528	435	304