Thursday, April 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Flax Seed 1/2 x 2 tbsp, 10 g	45	4	0.25	3.5	3	0	2	2.5	0	0
0% Plain Greek Yogurt (8 oz) 1/4 x 8 oz, 57 g	32	0	0	2.75	0	1.5	5.5	26.25	2.5	
Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
100% Liquid Egg Whites 113 g	61	0	0	2.46	0	0	12.28	184.28	0	147.42
Vanilla Whey Protein 1 scoop, 30 g	110	0	0	1	0	0	25	150	0	390
Oat Bran 1/4 cup	58	1.65	0.312	15.56	3.6	0.34	4.07	1	0	133
Total	366	10.15	1.062	30.27	11.6	1.84	51.85	364.03	2.5	670.42
Lunch										
Tuna 5 oz boneless	153	1.35	0.333	0	0	0	33.14	52	64	629
Quinoa (Cooked) 1/2 cup cooked	114	1.77	0.181	21.08	1.8	0	4.01	157	0	
Total	267	3.12	0.514	21.08	1.8	0	37.15	209	64	629
Dinner										
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 1 slice, 34 g	80	0.5	0	15	3	0	4	0	0	75
Beef Flank (Lean Only, Trimmed to 0" Fat) 8 oz	320	12.41	4.668	0	0	0	48.92	125	75	771

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Brown Rice (Long-Grain, Cooked)	126	1.02	0.204	26.04	2	0.4	2.93	6	0	49
4 oz										
Total	526	13.93	4.872	41.04	5	0.4	55.85	131	75	895
Snacks/Other										
Spirulina Powder	46	1.14	0.57	4	0.57	0.57	9.14	0	0	
16 g										
True Nutrtition Carb Blend	112	0	0	27	0	9	1	40	0	
1 scoop, 30 g										
Vanilla Whey Protein	110	0	0	1	0	0	25	150	0	390
1 scoop, 30 g										
Total	268	1.14	0.57	32	0.57	9.57	35.14	190	0	390
Total	**1427**	**28.34**	**7.018**	**124.39**	**18.97**	**11.81**	**179.99**	**894.03**	**141.5**	**2584.42**