Saturday, August 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Multi-Grain Sandwich Slims	90	1	0	20	5	1	4	180	0	
1 thin bun, 43 g										
Scrambled Egg (Whole, Cooked)	101	7.45	2.244	1.34	0	1.06	6.76	171	215	84
1 large										
Pure Protein Whey Protein Triple Chocolate Shake	170	2.5	1.5	7	3	3	30	60	45	160
1 scoop, 27 g										
Total	361	10.95	3.744	28.34	8	5.06	40.76	411	260	244
Lunch										
Dinner										
Macaroni or Pasta Salad	358	18.82	2.899	40.67	2.5	4.07	6.66	924	9	131
1 cup										
Kroger Multi-Grain Sandwich Slims	90	1	0	20	5	1	4	180	0	
1 thin bun, 43 g										
Beef Top Sirloin (Trimmed to 1/8" Fat, Choice Grade)	303	20.24	8.169	0	0	0	28.24	72	74	438
5 oz										
Total	751	40.06	11.068	60.67	7.5	5.07	38.9	1176	83	569
Snacks/Other										
Total	**1112**	**51.01**	**14.812**	**89.01**	**15.5**	**10.13**	**79.66**	**1587**	**343**	**813**