Wednesday, March 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ray Robb Ray Robb Whey Protein Unflavored	55	0	0	0.5	0	0	13	75	0	195
1/2 x 1 Scoop, 15 g										
Silk Pure Almond Milk - Unsweetened Original	22	1.88	0	0.75	0.75	0	0.75	120	0	26.25
3/4 x 1 cup, 180 ml										
Total	77	1.88	0	1.25	0.75	0	13.75	195	0	221.25
Lunch										
Spectrum Organic Virgin Coconut Oil	30	3.5	3	0	0	0	0	0	0	
1/4 x 1 tbsp, 4 g										
Ray Robb Ray Robb Whey Protein Unflavored	55	0	0	0.5	0	0	13	75	0	195
1/2 x 1 Scoop, 15 g										
Silk Pure Almond Milk - Unsweetened Original	22	1.88	0	0.75	0.75	0	0.75	120	0	26.25
3/4 x 1 cup, 180 ml										
Total	107	5.38	3	1.25	0.75	0	13.75	195	0	221.25
Dinner										
Snacks/Other										
Total	184	7.26	3	2.5	1.5	0	27.5	390	0	442.5