Monday, May 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Instant Powder) 2 tsps dry	4	0.01	0.004	0.74	0	0	0.22	1	0	64
Natural Factors Whey Factors Double Chocolate Protein 1 scoop	90	2	1	2	1	1	16	55	45	135
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1/4 x 1 cup, 60 ml	8	0.62	0	0.25	0.25	0	0.25	45	0	42.5
Cocoa Powder 1/2 tbsp	6	0.37	0.218	1.47	0.9	0.05	0.53	1	0	41
Total	108	3	1.222	4.46	2.15	1.05	17	102	45	282.5
Lunch										
Bellal Vita Spicy Tomato Sauce 1/2 x 1/2 cup, 62.5 g	35	2.5	0.5	3	1	0.5	1	295	0	
Giant Eagle Cherry Tomatoes 1/2 x 5 tomatoes	15	0		3.5	1	2	0.5	4.5		201.5
TOMATO SOUP recipe (IP +) 1 serving	108	2.7	0	9.5	2.5	6.5	18	419	2.5	210
Total	158	5.2	0.5	16	4.5	9	19.5	718.5	2.5	411.5
Dinner										
Cucumber (with Peel) 1 cup slices	16	0.11	0.035	3.78	0.5	1.74	0.68	2	0	153
Birds Eye Frozen French Cut Green Beans 1 cup, 83 g	30	0	0	5	2	2	1	0	0	
MEAT LOAF - Air Fryer	286	9.3	3	4	2	1.75	39.5	400	196	117

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1/2 x Recipe										
Total	332	9.41	3.035	12.78	4.5	5.49	41.18	402	196	270
Snacks/Other										
Rhubarb	26	0.24	0.065	5.54	2.2	1.34	1.1	5	0	351
1 cup diced										
Banana Bread - PROTI DIET	300	10	6	32	10	2	30		0	120
2 x 1 bar										
Maple Brown Sugar OATMEAL	90	1	0	7	1	0	15	280	0	95
1 pkt										
Total	416	11.24	6.065	44.54	13.2	3.34	46.1	285	0	566
Total	**1014**	**28.85**	**10.822**	**77.78**	**24.35**	**18.88**	**123.78**	**1507.5**	**243.5**	**1530**