Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Path Organic Pumpkin Flax Plus Granola 30 g	142	5.45	0.87	20.16	2.72	5.45	3.27	24.52	0	0
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Natural Creamy Peanut Butter Spread 1/2 x 2 tbsp, 16 g	95	7.5	1.5	4	1	1.5	3.5	60	0	100
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	523	15.74	4.036	65.82	6.82	36.55	35.09	250.52	20	705
Lunch										
Publix Red Seedless Grapes 1 1/2 x 1/2 cup, 120 g	90	0	0	21	1.5	18	1.5	0	0	0
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Goats Cheese (Soft) 1 oz	76	5.98	4.132	0.25	0	0.25	5.25	104	13	7
Land O' Frost Slow Roasted Turkey Breast 5 slices, 51 g	50	1	0	2		1	8	390		
Silver Hills Mack's Flax Sprouted Whole Grain Bread 1 slice, 41 g	110	2	0	17	5	1	6	150	0	95
Total	473	18.92	7.231	41.02	6.5	21.02	33.33	784	436	236

Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
creamy peanut butter great value	36	3.01	0.56	1.32	0.38	0.56	1.32	28.2	0	35.72
6 g										
gold standard 100% whey extreme	30	0.38	0.25	0.75	0	0.5	6	32.5	10	
1/4 x 1 scoop, 8 g										
flax seed	8	0.65	0	0.52	0.52	0	0.39	0	0	
2 g										
oats	28	0.56	0.09	5.08	0.75	0.19	0.94	0	0	26.88
8 g										
peanuts	26	2.18	0.302	0.94	0.4	0.18	1.04	0	0	29
0.03 cup										
milk	3	0.07	0.046	0.37	0	0.38	0.25	3	0	11
0.03 cup										
Total	131	6.85	1.248	8.98	2.05	1.81	9.94	63.7	10	102.6
Total	**1127**	**41.51**	**12.515**	**115.82**	**15.37**	**59.38**	**78.36**	**1098.22**	**466**	**1043.6**