Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
Lunch										
Great Value Frozen Whole Strawberries 1/4 x 1 cup, 35 g	12	0	0	3	0.75	2	0.25	0	0	52.5
Blueberries (Unsweetened, Frozen) 1/4 cup unthawed	20	0.25	0.021	4.72	1	3.27	0.16	0	0	21
Dannon Light & Fit Greek toasted coconut vanilla yogurt 1 container	80	0	0	9	0	7	12	45	10	140
Giant GIANT DARK SWEET CHERRIES 1/4 x 1 cup, 35 g	25	0	0	5.75	0.75	4.25	0.5		0	77.5
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
PowerBar ProteinPlus - Chocolate Brownie 1 bar, 93 g	330	9	4.5	40	5	27	30	180	4	300
Total	647	11.75	6.521	71.47	8.5	45.52	72.91	385	69	591
Dinner										
Snacks/Other										

Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	827	14.25	8.521	80.47	9.5	47.52	102.91	545	124	591