Thursday, December 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi GOLEAN High Protein & High Fiber Cereal 1 1/2 x 1 cup	210	1.5	0	45	15	9	19.5	127.5	0	720
Milk (Fat Free or Skim, Calcium Fortified) 1 cup	86	0.44	0.289	11.98	0	11.98	8.4	128	5	410
Synta-6 ISOLATE 1 scoop, 38 g	140	1.5		7		2	25			
Total	436	3.44	0.289	63.98	15	22.98	52.9	255.5	5	1130
Lunch										
Bran Muffin Mix 1/2 cup dry	130	1	0	28	3	7	4	200	0	
Bran Muffin Mix 1/2 cup dry	130	1	0	28	3	7	4	200	0	
Roasted Almonds 1/4 cup	238	21.65	1.652	6.94	4.1	1.79	8.33	133	0	274
MET-Rx Protein Plus Protein Bars - Chocolate Chocolate Chunk 1 bar, 85 g	310	10	8	33	2	1	32	200	15	210
Turkey Salad or Turkey Spread Sandwich 1.8 sandwiches	594	27.26	5.189	49.54	2.8	4.9	35.41	1018	81	490
Total	1402	60.91	14.841	145.48	14.9	21.69	83.74	1751	96	974
Dinner										
C4 extrdme C4 extreme 2 x 1 scoop (5.2)	10	0	0	2	0	0	0	0	0	0
BSN Amino X	72	0		1			18			

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1 мерная ложка, 14.5 g										
Met-Rx ProteinPlus Protein Bar	310	10	8	33	2	2	32	240	15	290
1, 85 g										
Total	392	10	8	36	2	2	50	240	15	290

Snacks/Other

Total	2230	74.35	23.13	245.46	31.9	46.67	186.64	2246.5	116	2394