Sunday, August 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
BSN True Mass 1/2 x 3 scoops, 72.5 g	315	8	2.5	38	2.5	7	23	130	55	
Milk (Fat Free or Skim, Calcium Fortified) 1 cup	86	0.44	0.289	11.98	0	11.98	8.4	128	5	410
C4 extrdme C4 extreme 2 x 1 scoop (5.2)	10	0	0	2	0	0	0	0	0	0
Clif Bar Clif Bar - Chocolate Chip 1 bar, 68 g	240	5	1.5	44	4	23	10	150	0	230
Gatorade Energy Chews 6 pieces, 30 g	100	0		24			0			
Total	751	13.44	4.289	119.98	6.5	41.98	41.4	408	60	640
Lunch										
Anheuser-Busch Bud Light Beer 2 x 1 can, 24 oz	220	0	0	14	0	0	1.8	22	0	
Dinner										
Coors Light Beer 2 x 8 fl oz, 472 ml	136	0		6.6			0.94			
Famous Dave's Barbecue Chicken Dinner 1/2 x 1/2 chicken	230	11.5	3.5	3.5	0	1.5	21.5	1050	0	
Famous Dave's Burnt Ends 1 serving	680	34	13	61	1	37	34	1700	105	
Famous Dave's Baked Beans 1 serving, 4 oz	150	3.5	1	26	4	13	8	450	10	0

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Milk (Fat Free or Skim, Calcium Fortified)	86	0.44	0.289	11.98	0	11.98	8.4	128	5	410
1 cup										
BSN True Mass	315	8	2.5	38	2.5	7	23	130	55	
1/2 x 3 scoops, 72.5 g										
Total	1597	57.44	20.289	147.08	7.5	70.48	95.84	3458	175	410

Snacks/Other

Total	2568	70.88	24.578	281.06	14	112.46	139.04	3888	235	1050