

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	1010	61.55	82.69	46.28
Lunch				
Dinner				
Snacks/Other				
Total	1010	61.55	82.69	46.28

Monday, April 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Slim-Fast Advanced Nutrition Smoothie Powder 1 scoop, 26 g	110	3.5	0.5	8	5	1	12	190	5	200
Vega Protein & Greens Vanilla 1 scoop, 30 g	110	2	0	4	1	0	20	320	0	
Friendly Farms Vitamin D Milk 1 cup, 240 ml	150	8	5	12	0	11	8	120	35	
Friendly Farms Coconut Milk 1 cup, 240 ml	80	5	5	7	0	6	1	55	0	55
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Granulated Sugar 6 tsps	98	0	0	25.19	0	25.18	0	0	0	1
Vitacost MCT Oil from Coconut Oil 3 x 1 tsp, 15 g	90	15	15	0			0			
Land O'Lakes European Style Super Premium Butter 1 tbsp, 14 g	110	12	8	0			0	65	30	
Friendly Farms Heavy Whipping Cream 1 tbsp, 15 g	45	5	3.5	0	0	0	0	5	20	
The Greek Gods Vanilla Honey Greek Yogurt 1/2 x 1 cup, 113.5 g	145	7	4.5	16.5	0	16.5	4	67.5	25	205
Baker's Corner Real Semi-Sweet Chocolate Chips 30 pieces, 15 g	70	4	2.5	10	1	8	1	0	0	0
Total	1010	61.55	44.005	82.69	7	67.68	46.28	827.5	115	577

Monday, April 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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Lunch

Dinner

Snacks/Other

Total	1010	61.55	44.005	82.69	7	67.68	46.28	827.5	115	577
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