

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

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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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