

Thursday, December 17, 2020

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg	370	28.17	7.901	1.62	0	1.53	25.08	375	841	270
4 large										
Smithfield Naturally Hickory Smoked Bacon	160	14	5	0	0	0	10	620	40	
2 x 2 fried slices, 34 g										
Great Value Virgin Coconut Oil	130	14	12	0	0	0	0	0	0	
1 tbsp, 14 g										
Kale	50	0.7	0.091	10.06	2		3.32	43	0	449
1 1/2 cups chopped										
Fresh Express Iceberg Garden Lechuga Repollo	20	0	0	4	1	2	1	20	0	0
1 1/2 cups, 85 g										
Bertolli Extra Virgin Olive Oil	120	14	2	0	0	0	0	0	0	0
1 tbsp, 15 ml										
Chosen Foods Keto Mayo	100	11	10	0			0	90	15	
1 tbsp, 14 g										
Equate KETO Fat Cups Peanut Butter	90	8	5	7	3	1	2	15	0	20
1 piece, 17 g										
Atlantic Salmon (Farmed)	156	9.22	1.856	0	0		16.92	50	50	308
3 oz										
Total	1196	99.09	43.848	22.68	6	4.53	58.32	1213	946	1047
Lunch										
Dinner										
PRE New York Strip Steak	1100	70	35	0	0	0	115	300	300	
5 x 4 oz, 565 g										
Sour Cream	92	9.05	5.636	1.84	0	0.07	1.37	23	19	62

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3 tbsps										
Fresh Express Iceberg Garden Lechuga Repollo	20	0	0	4	1	2	1	20	0	0
1 1/2 cups, 85 g										
Total	1212	79.05	40.636	5.84	1	2.07	117.37	343	319	62

Snacks/Other

Total	2408	178.14	84.484	28.52	7	6.6	175.69	1556	1265	1109
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