

## Breakfast

	Calories	Carbs	Protein	Fiber	Fat	Sodium
High fiber oatmeal, 0.1 serving(s)	15	3	1	1	0	0
Optimum Nutrition - Gold Standard Natural Whey Protein (Vanilla), 1 rounded scoop (29.4g)	130	3	24	0	1	130
Coffee - Brewed, espresso, 1 fluid ounce	1	0	0	0	0	4
Generic - Sugar, 0.5 tsp (level)	8	2	0	0	0	0
Generic - Milk - Reduced Fat 1% Milkfat, 0.5 oz	8	1	1	0	0	9
Trader Joe's - Almond Smooth Non-Dairy Beverage (Unsweetened Vanilla), 0.5 cup	23	2	1	1	2	90
Strawberries - Raw, 4 medium (1-1/4" dia)	15	4	0	1	0	0
<b><u>Quick Tools</u></b>	<b>200</b>	<b>15</b>	<b>27</b>	<b>3</b>	<b>3</b>	<b>233</b>

## Morning Snack

General Mills - Fiber One Cereal, 1/2 cup	60	25	2	14	1	105
Chobani - Greek Yogurt - Black Cherry Non-Fat, 6 oz (170g)	140	22	14	0	0	70
<b><u>Quick Tools</u></b>	<b>200</b>	<b>47</b>	<b>16</b>	<b>14</b>	<b>1</b>	<b>175</b>

## Lunch

Sea Breeze - Calamari Squid Rings, 70 g	67	0	13	0	1	356
Meijer - Asparagus - Steamed, 3 Spears	15	1	2	1	0	0
Muir Glen Organic - Tomatoes Fire Roasted Diced, 120 g	25	5	1	1	0	250
Better Than Bouillon - Chicken Base Reduced Sodium, 0.5 tsp (6g)	8	1	0	0	0	175
Generic - Tri Tip Steak, 1.75 oz	83	0	12	0	6	0
<b><u>Quick Tools</u></b>	<b>198</b>	<b>7</b>	<b>28</b>	<b>2</b>	<b>7</b>	<b>781</b>

## Afternoon Snack

Kashi - Granola Bar - Dark Mocha Almond Chewy, 1 bar (35 g)	130	21	6	4	4	90
Cherries - Sweet, raw, 14 cherry	60	15	1	2	0	0
<b><u>Quick Tools</u></b>	<b>190</b>	<b>36</b>	<b>7</b>	<b>6</b>	<b>4</b>	<b>90</b>

## Dinner

Bonless, Skinless Chicken Breast - Grilled - Chicken Boneless Grilled, 1.75 oz	40	0	8	0	1	18
--	----	---	---	---	---	----

Generic - Brown Short Grain Rice Cooked, 0.25 Cup Cooked (175g)	54	12	2	1	1	0
Bob's Red Mill - High Protein Tvp (Texturized Vegetable Protein ), 0.0625 cup dry (24 g)	20	2	3	1	0	1
Carrots - Baby, raw, 1 large	5	1	0	0	0	12
Zucchini - Grilled Zucchini, 0.15 cup (57g)	3	1	0	0	0	2
Homemade - Grilled Vegetables - Zucchini, Eggplant, Peppers, 0.3 cup	30	4	0	1	0	3
Meijer - Asparagus - Steamed, 3 Spears	15	1	2	1	0	0
Onions - Raw, 1 tbsp chopped	4	1	0	0	0	0
365 Organic - Soy Ginger Sauce, 1 tbsp (15mL)	10	2	0	0	0	340
Better Than Bouillon - Chicken Base Reduced Sodium, 0.3 tsp (6g)	5	1	0	0	0	105
Oil - Olive, 0.5 tsp	20	0	0	0	2	0
<b><u>Quick Tools</u></b>	<b>206</b>	<b>25</b>	<b>15</b>	<b>4</b>	<b>4</b>	<b>481</b>

## Evening Snack

Blueberries - Raw, 0.5 cup	41	11	1	2	0	1
Trader Joe's - Almond Smooth Non-Dairy Beverage (Unsweetened Vanilla), 0.5 cup	23	2	1	1	2	90
Kashi - Golean Cereal, 52 g / 1.8oz / 1cup	140	30	13	10	1	85
<b><u>Quick Tools</u></b>	<b>204</b>	<b>43</b>	<b>15</b>	<b>13</b>	<b>3</b>	<b>176</b>

<b>Totals</b>	<b>1,198</b>	<b>173</b>	<b>108</b>	<b>42</b>	<b>22</b>	<b>1,936</b>
<b>Daily Goal</b>	<b>2,039</b>	<b>280</b>	<b>76</b>	<b>24</b>	<b>68</b>	<b>2,500</b>
<b>Remaining</b>	<b>841</b>	<b>107</b>	<b>-32</b>	<b>-18</b>	<b>46</b>	<b>564</b>
	<b>Calories</b>	<b>Carbs</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Sodium</b>

\*You've earned 339 extra calories from exercise today