

## Breakfast

	Calories	Carbs	Fat	Protein	Fiber	Sodium
Fruit - Banana - Small (6" to 6-7/8" Long) , 1 banana	90	23	0	1	3	1
Quaker - Old Fashioned Oats, 20 g	75	14	2	3	2	0
Optimum Nutrition - Gold Standard 100% Whey Protein - Extreme Milk Chocolate, 1 scoop (32g)	130	4	2	24	0	100
Silk - Pure Almond - Almond Milk Unsweetened , 8 oz	30	1	3	1	1	150
<b>Quick Tools</b>	<b>325</b>	<b>42</b>	<b>7</b>	<b>29</b>	<b>6</b>	<b>251</b>

## Lunch

Wishbone Light - Balsamic & Basil Vinegrette Salad Dressing, 2 tbsp	50	3	4	0	0	310
Home Made - Raw Pepper (Green, Red, Yellow), 10 Strips	5	1	0	0	0	1
Dole - Fresh Spinach, 3 oz (85g/about cups)	20	3	0	2	2	65
Cucumber - With peel, raw, 0.5 cup slices	8	2	0	0	0	1
Onions - Raw, 0.25 cup, chopped	17	4	0	0	1	1
Boar's Head - Deli Sliced Chicken Breast - Chipotle, 3 ounces	90	2	2	20	0	630
Pumpkin Seeds, David - Pumpkin Seeds, 1 tbsp	90	2	7	5	1	540
Ready Pac - Salad Confetti, 0.5 Cup	17	3	0	1	1	23
<b>Quick Tools</b>	<b>297</b>	<b>20</b>	<b>13</b>	<b>28</b>	<b>5</b>	<b>1,571</b>

## Dinner

Santa Fe Tortilla Company - Whole Wheat Wrap, 57 grams	100	13	4	8	7	328
Boar's Head - Deli Sliced Chicken Breast - Chipotle, 2 ounces	60	1	1	13	0	420
Dole - Packaged Salad - Baby Spinach, 0.5 c	7	1	0	1	1	22
Tomato - Red Cherrytomato, 2.13 tomato	6	1	0	0	0	1
<b>Quick Tools</b>	<b>173</b>	<b>16</b>	<b>5</b>	<b>22</b>	<b>8</b>	<b>771</b>

## Morning Snack

Kind - Fruit & Nut Delight 40 g, 40 g	180	20	11	5	4	15
<b>Quick Tools</b>	<b>180</b>	<b>20</b>	<b>11</b>	<b>5</b>	<b>4</b>	<b>15</b>

## Afternoon Snack

Lara Bar - Peanut Butter Chocolate Chip, 1 bar (45g)	220	26	11	6	3	60
Strawberries - Raw, 0.13 cup, halves	6	1	0	0	0	0

Blackberries - Raw, 0.13 cup	8	2	0	0	1	0
Blueberries - Raw, 0.13 cup	10	3	0	0	0	0
Raspberries - Raw, 0.13 cup	8	2	0	0	1	0
<b>Quick Tools</b>	<b>252</b>	<b>34</b>	<b>11</b>	<b>6</b>	<b>5</b>	<b>60</b>

## Evening Snack

### Quick Tools

<b>Totals</b>	<b>1,227</b>	<b>132</b>	<b>47</b>	<b>90</b>	<b>28</b>	<b>2,668</b>
<b>Daily Goal</b>	<b>1,200</b>	<b>165</b>	<b>40</b>	<b>45</b>	<b>21</b>	<b>2,500</b>
<b>Remaining</b>	<b>-27</b>	<b>33</b>	<b>-7</b>	<b>-45</b>	<b>-7</b>	<b>-168</b>
	Calories	Carbs	Fat	Protein	Fiber	Sodium