

**Tuesday, February 19, 2013**

	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
20 g Conserva di Marmellata	52	0.03	0.002	13.33	0.1	8.53	0.11	7	0	15
1 serving Gold Standard Whey	113	1.1	0.7	1.8	0.6	1.2	23.9	74		
20 g Miele	61	0	0	16.48	0	16.42	0.06	1	0	10
20 g Nocciole	126	12.15	0.893	3.34	1.9	0.87	2.99	0	0	136
100 g Pane Bianco	266	3.29	0.717	50.61	2.4	4.31	7.64	681	0	100
<b>Total Breakfast</b>	<b>618</b>	<b>16.57</b>	<b>2.312</b>	<b>85.56</b>	<b>5</b>	<b>31.33</b>	<b>34.7</b>	<b>763</b>	<b>0</b>	<b>261</b>
<b>Lunch</b>										
1 medium (2-3/4" dia) (approx 3 per lb) Mela	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 tablespoon Olio Extra Vergine di Oliva	119	13.5	1.864	0	0	0	0	0	0	
1 slice Pane Bianco	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
120 g Penne	188	1.11	0.21	36.81	2.1	0.67	6.92	279	0	
50 g Sugo senza Carne	37	1.19	0.162	5.64	0.2	4.44	0.98	240	0	188
120 g Vitello	275	13.56	5.093	0	0	0	35.82	491	136	386
<b>Total Lunch</b>	<b>757</b>	<b>30.41</b>	<b>7.547</b>	<b>74.16</b>	<b>6.2</b>	<b>20.53</b>	<b>45.99</b>	<b>1181</b>	<b>136</b>	<b>747</b>
<b>Dinner</b>										
1 tablespoon Olio Extra Vergine di Oliva	119	13.5	1.864	0	0	0	0	0	0	
180 g Pane Bianco	479	5.92	1.291	91.1	4.3	7.76	13.75	1226	0	180
120 g Petto di Pollo	234	9.26	2.606	0	0	0	35.46	472	100	292
<b>Total Dinner</b>	<b>832</b>	<b>28.68</b>	<b>5.761</b>	<b>91.1</b>	<b>4.3</b>	<b>7.76</b>	<b>49.21</b>	<b>1698</b>	<b>100</b>	<b>472</b>
<b>Snacks/Other</b>										
1 serving Gold Standard Whey	113	1.1	0.7	1.8	0.6	1.2	23.9	74		
80 g Pane Bianco	213	2.63	0.574	40.49	1.9	3.45	6.11	545	0	80
1/2 serving Vitargo	185	0.15		46		0.15	0.15			

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Total Snacks/Other	511	3.88	1.274	88.29	2.5	4.8	30.16	619	0	80
<b>Total</b>	<b>2718</b>	<b>79.54</b>	<b>16.894</b>	<b>339.11</b>	<b>18</b>	<b>64.42</b>	<b>160.06</b>	<b>4261</b>	<b>236</b>	<b>1560</b>