

<b>Breakfast</b>	<b>Calories kcal</b>	<b>Carbs g</b>	<b>Fat g</b>	<b>Protein g</b>	<b>Fiber g</b>
365 Organic - Maple Syrup, 2 tbsp(s)	105	27	0	0	0
Canyon Bakehouse - Cinnamon Raisin Bread Gf, 2 slice (34g)	160	30	3	4	2
Tropicana - 100% Juice Orange Juice, 1 cup	112	26	0	2	0
Horizon - Fat Free Milk, 1 cup (240mL)	90	12	0	8	0
Bananas, raw, 4.2 ounce	90	23	0	1	3
Butter - Unsalted, 1 pat (1" sq, 1/3" high)	36	0	4	0	0
<b>Add Food   Quick Tools</b>	<b>593</b>	<b>118</b>	<b>7</b>	<b>15</b>	<b>5</b>

## Lunch

Canyon Bakehouse - Heritage Style Whole Grain Gluten Free Bread, 2 slice	200	36	4	4	2
Carrot sticks - Carrots, 6 sticks	35	8	0	1	2
Jam - Blueberry Jam, 2 Tbsp (20g)	72	17	0	0	0
Kirkland - Almond Butter, 1 Tbs	105	3	9	4	2
Delmonte - Tropical Fruit Salad, 0.5 cup	80	21	0	0	1
Horizon - Lowfat Chocolate Milk, 8 oz	150	22	3	8	0
<b>Add Food   Quick Tools</b>	<b>642</b>	<b>107</b>	<b>16</b>	<b>17</b>	<b>7</b>

## Dinner

Bertoli - Tomato Basil Sauce, 1 cup	160	26	4	4	2
Rotini - Pasta, 2 oz	200	41	1	7	2
<b>Add Food   Quick Tools</b>	<b>360</b>	<b>67</b>	<b>5</b>	<b>11</b>	<b>4</b>

## Snacks

Nature's Best - Apricots, Dried, 6 pieces	100	24	0	1	4
Gold pretzels - Pretzels, 19 pieces	110	23	1	2	1
<b>Add Food   Quick Tools</b>	<b>210</b>	<b>47</b>	<b>1</b>	<b>3</b>	<b>5</b>

## During Workout 1

[Add Food](#) | [Quick Tools](#)

## During Workout 2

[Add Food](#) | [Quick Tools](#)

<b>Totals</b>	<b>1,805</b>	<b>339</b>	<b>29</b>	<b>46</b>	<b>21</b>
<b>Your Daily Goal</b>	<b>1,800</b>	<b>338</b>	<b>30</b>	<b>45</b>	<b>25</b>
<b>Remaining</b>	<b>-5</b>	<b>-1</b>	<b>1</b>	<b>-1</b>	<b>4</b>