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[Load Late July Crackers Calories](#)

2 LOADING DAYS

	Calories	Carbs	Fat	Protein	
Feta Cheese - Athenos - Feta Cheese - Traditional - Block, 1 container (8 oz (1" cube) ea.)	640	8	48	48	⊖
Feta Cheese - Athenos - Feta Cheese - Traditional - Block, 0.25 container (8 oz (1" cube) ea.)	160	2	12	12	⊖
Grassfed Ground Lamb Raw - Grassfed Ground Lamb Raw, 20 oz	1,595	0	130	95	⊖
Organic Valley - Organic Sour Cream, 1.25 container (450 gs ea.)	1,125	38	94	19	⊖
Fage Total 0% - Non Fat Greek Yogurt, 1.5 container (908 gs ea.)	780	54	0	138	⊖
Bob's Red Mill - Flaxseed Meal, 16 tbsp	560	32	36	24	⊖
Organic Valley - Organic Salted Sweet Cream Butter , 8 Tbsp	800	0	88	0	⊖
Eggs - Hard Boiled Egg Whites (No Yolk), 1 container (4 extra large egg whites ea.)	68	1	0	24	⊖
Superior Farms - Lamb Leg Steak, 6 oz	210	0	8	35	⊖
Pork - Cured, bacon, cooked, pan-fried, 4 slice cooked	168	0	13	12	⊖
Dairyland - Heavy Whipping Cream, 0.5 Cup	400	4	44	3	⊖
Kraft - Mayonnaise, 4 Tbsp (15 ml)	400	0	44	0	⊖
Trader Joe's - Tuna, Yellowfin Canned Packed In Olive Oil, 1 container (1/2 cup ea.)	220	0	12	26	⊖
Butter - Salted, 1 tbsp	102	0	12	0	⊖
Hellmann's - Real Mayonnaise 30oz Jar, 2 tbsp (13g)	180	0	20	0	⊖
Trader Joe's Three Cheese - Pomodoro Pasta Sauce, 2 cup	320	24	20	16	⊖
Organic Valley - Half & Half, 10 Tbsp	200	5	18	0	⊖
	7,928	168	599	452	

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ROUND 5 LOADING STATS -
TOTALS INCLUDE BOTH DAYS.

LOADING GAIN TOTAL: +1.6 LBS

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Late July is a moment in time when life is simple, pure and good It's the sweet spot of summer when you're knee deep in sandcastles and problems are a million miles away.

Crispy, Old-Fashioned Soda Crackers; Produced Without Synthetic Pesticides; Non-GMO; USDA Organic; No Artificial Flavors, Colors, or Preservatives; Certified Organic.. Late night snacking isn't ideal, but sometimes you just gotta eat If you have to work late, get up early, or just have a case of the late night munchies, these.. These chia seed crispbread crackers are made with just a few simple ingredients are are addictive, nutritious and satisfying all at the same time.. var q = 'late+july+crackers+calories';Late July Crackers Calories And FatCalories in Lance Whole Grain Crackers based on the calories, fat, protein, carbs and other nutrition information submitted for Lance Whole Grain Crackers.. Incredible Machine Even More Contraptions CrackleLate July Snacks Organic Multigrain Snack Chips Gluten Free Dude Ranch -- 5.

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5 oz SKU #: 890444000588; Shipping Weight: 0 38 lb; Servings: About 6; Non-GMO.. It's also our name and our life philosophy The boy on the box has grown since we first introduced our Organic Classic Saltine Crackers, but he and his little brother are still a daily reminder to live up to our namesake and produce only certified organic products with ingredients as a special and pure as the moment they. [Vmware Workstation 9 Serial Key Generator](#)

Your Food Diary For: ◀ Friday September 21, 2012 ▶ 

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