Thursday, May 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butterball Everyday Turkey Bacon	100	8	2	0	0	0	8	540	40	
2 x 2 slices, 36 g										
Denny's Sliced Tomatoes (3 Slices)	10	0	0	2	1	2	1	3	0	
1 serving, 2 oz										
Kraft Deli Deluxe American Cheese Slices	140	12	7	0	0	0	8	620	40	
2 x 1 slice, 38 g										
Whole Wheat Bread	109	2.11	0.311	20.1	2.3	1.5	3.28	135	0	123
0.85 slice										
Cooked Egg	168	12.21	3.615	1.27	0	1.14	12.29	358	408	134
2 large										
Calavo Avocado	32	3	0.5	1.5	1.25	0	0.25	1.25	0	95
1/4 x 1/2 medium avocado, 19 g										
Total	559	37.32	13.426	24.87	4.55	4.64	32.82	1657.25	488	352
Lunch										
Dinner										
Chop't Mexican Goddess Dressing	180	18	1	2	2	2	0	460	0	0
2 x 2 tbsp, 60 g										
Cucumber (Peeled)	4	0.05	0.004	0.72	0.2	0.46	0.2	1	0	45
1/4 cup pared, chopped										
Chicken Breast	249	9.85	2.771	0	0	0	37.7	501	106	310
4 1/2 oz boneless, cooked										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	50	0.5	0.089	11.09	4.1	6.66	2.54	55	0	581

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4 cups										
Dole Shredded Carrots	9	0	0	2	0.5	1	0.25	15	0	
1/4 x 1 cup, 21 g										
Cherry Tomatoes	13	0.15	0.034	2.92	0.9	1.96	0.66	4	0	
1/2 cup										
Trader Joe's Hass Avocado	100	9	1	6	4	0	0	0	0	300
2 x 1/5 medium , 60 g										
Total	605	37.55	4.898	24.73	11.7	12.08	41.35	1036	106	1236
Snacks/Other										
Peanut Butter	118	10.08	2.058	3.91	1.2	1.84	5.02	92	0	130
1 1/4 tbsps										
Total	1282	84.95	20.382	53.51	17.45	18.56	79.19	2785.25	594	1718