Thursday, February 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Clif Bar Clif Bar - Crunchy Peanut Butter 1 bar, 68 g	260	7	1	41	4	20	11	230	0	230
Lunch										
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Goya Black Beans 1/2 cup, 130 g	90	0.5	0	19	6	1	7	460	0	
Trader Joe's Traditional Carnitas 3 x 3 oz, 255 g	399	27.9	9	3	0	0	36	705	150	
Total	497	28.48	9.01	23.63	6.7	1.97	43.5	1171	150	78
Dinner										
Ragu Old World Style Original Pasta Sauce 1/2 cup, 125 g	70	2.5	0	10	2	6	2	480	0	320
Barilla PLUS Penne Pasta 1 1/4 x 2 oz, 70 g	262	2.5	0	47.5	5	2.5	12.5	31.25	0	
Ground Turkey 6 oz raw (yield after cooking)	210	11.74	3.026	0	0	0	24.42	386	91	241
Total	542	16.74	3.026	57.5	7	8.5	38.92	897.25	91	561
Snacks/Other										
Athenos Roasted Garlic Hummus 2 x 2 tbsp, 54 g	120	7	1	8	2	0	4	230	0	
The Snack Factory Pretzel Crisps - Original	110	0	0	23	1	2	3	330	0	

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11 chips, 28 g										
Quaker Chewy Granola Bars - Chocolate Chip	200	7	3	34	2	14	2	140	0	0
2 x 1 bar, 48 g										
Orville Redenbacher's Smart Pop! 100 Calorie Mini Bag	100	1	0.4	19	3	0	3	110	0	150
1 bag, 35 g										
Kind Nuts & Spices Dark Chocolate Nuts & Sea Salt	200	15	3.5	16	7	5	6	125	0	210
1 bar, 40 g										
Total	730	30	7.9	100	15	21	18	935	0	360
Total	2029	82.22	20.936	222.13	32.7	51.47	111.42	3233.25	241	1229