

Friday, September 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Green Mountain Farms Whipped Greek Yogurt Cream Cheese	8	0.42	0.26	0.34	0	0.34	0.51	11.05	1.7	
4 g										
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread	80	0.5	0	18	2	5	3	65	0	120
1 slice, 34 g										
great value organic milk	3	0	0	0.48	0	0.48	0.36	5	0.2	16.4
10 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Applegate Farms Good Morning Bacon	40	2	1	1	0	1	5	290	20	
2 Slices, 14 g										
Eggland's Best Large Grade A Eggs	120	8	2	0	0	0	12	130	350	0
2 x 1 egg, 100 g										
Fage Total 0% Greek Yogurt	8	0	0	0.54	0	0.54	1.38	5.1	0	0
14 g										
Pears	39	0.08	0.004	10.3	2.1	6.53	0.25	1	0	79
2.35 oz										
Total	304	11.12	3.276	30.9	4.1	13.89	23.21	519.15	371.9	493.4
Lunch										
Seeds of Change Quinoa & Whole Grain Brown Rice with Garlic	120	1.75	0.25	23.5	1.5	0.5	3	200	0	105
1/2 x 1/2 package, 76.5 g										
Sweet Red Peppers	12	0.14	0.027	2.77	0.9	1.93	0.46	1	0	97
1/2 cup sliced										

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Extra Virgin Olive Oil 1 tsp	40	4.5	0.621	0	0	0	0	0	0	
Harvestland Sweet Italian Turkey Sausage 1 link, 91 g	150	9	2.5	1	0	1	15	360	70	
Total	322	15.39	3.398	27.27	2.4	3.43	18.46	561	70	202
Dinner										
Extra Virgin Olive Oil 1/2 tsp	20	2.25	0.311	0	0	0	0	0	0	
Bella Rosa Parmesan Fresh Grated Cheese 1 Tbsp, 5 g	20	1.5	1	0	0	0	2	50	5	
Seeds of Change Quinoa & Whole Grain Brown Rice with Garlic 1/2 x 1/2 package, 76.5 g	120	1.75	0.25	23.5	1.5	0.5	3	200	0	105
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Parmesan Crusted Chicken 1 serving	192	5.85	2.721	6.2	0.6	1.6	26.95	551	70	
Total	386	11.75	4.359	36.63	5.3	3.44	34.25	1071	75	387
Snacks/Other										
Schwan's Toffee Caramel Crunch made with Heath Ice Cream 1/2 cup, 68 g	180	9	6	22	0	17	3	90	25	120
Coffee 12 fl oz	4	0.07	0.007	0.14	0	0	0.43	7	0	167
Milk (Nonfat)	2	0.01	0.006	0.23	0	0.25	0.16	3	0	8

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0.17 oz										
Dannon Oikos Triple Zero - Peach	120	0	0	15	6	7	15	210	5	210
1 container, 150 g										
Total	306	9.08	6.013	37.37	6	24.25	18.59	310	30	505
Total	1318	47.34	17.046	132.17	17.8	45.01	94.51	2461.15	546.9	1587.4