Friday, September 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ripple Original Unsweetened Plant-Based Milk (8 oz)	3	0.2	0.02	0	0	0	0.32	4.8	0	14
10 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Johnsonville Fully Cooked Breakfast Sausage Turkey (45g)	70	3.5	1	2	0	0	8	340	30	
2 links, 45 g										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Strawberries	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
1/2 cup sliced										
Reddi-wip Original Dairy Whipped Topping	30	2	1	2	0	2	0	0	9	0
2 x 2 tbsp, 10 g										
French Toast	166	4.04	0.891	22.46	4.2	2.22	11.92	265	118	57
2 servings										
Total	422	18.11	4.935	33.07	5.9	8.09	33.51	752.8	497	476
Lunch										
Applegate Farms Oven Roasted Turkey Breast	75	0	0	0	0	0	18	540	45	
1 1/2 x 2 slices, 82.5 g										
Green Peas (Frozen)	55	0.27	0.048	9.87	3	3.87	3.75	81	0	107
1/2 cup										
Seeds of Change Organic Quinoa & Brown Rice with Garlic	120	1.75	0.25	23.5	1.5	0.5	3	200		105
1/2 x 1 pouch, 120 g										

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Private Selection Reduced Fat Crumbled Feta Cheese	80	4	3	1	0	1	5	320	15	
1/4 cup, 28 g										
Total	330	6.02	3.298	34.37	4.5	5.37	29.75	1141	60	212
Dinner										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Seeds of Change Organic Quinoa & Brown Rice with Garlic	60	0.88	0.12	11.75	0.75	0.25	1.5	100		52.5
1/4 x 1 pouch, 60 g										
Unico Canned Lentils	120	0.5		21	5	1	8	340	0	
1/2 cup, 125 ml										
Total	299	14.88	1.984	32.75	5.75	1.25	9.5	440	0	52.5
Snacks/Other										
Red Table Wine	200	0	0	6.14	0	1.46	0.16	9	0	299
8 fl oz										
Apples	40	0.13	0.021	10.57	1.8	7.95	0.2	1	0	82
2.7 oz										
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	1	1	30	270	25	310
1 shake, 11 oz										
Total	400	3.13	1.021	20.71	2.8	10.41	30.36	280	25	691
Total	**1451**	**42.14**	**11.238**	**120.9**	**18.95**	**25.12**	**103.12**	**2613.8**	**582**	**1431.5**