# Tuesday, January 13, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Fried Egg without Fat | 169 | 11.43 | 3.564 | 0.89 | 0 | 0.89 | 14.46 | 517 | 487 | 154 |
| 2 extra large | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| Chipotle Mexican Grill Green Tomatillo Salsa | 20 | 0 | 0 | 4 | 1 | 2 | 0.5 | 250 | 0 | |
| 1 serving, 2 oz | | | | | | | | | | |
| Chipotle Mexican Grill Barbacoa | 165 | 7 | 2.5 | 2 | 1 | 0 | 24 | 530 | 65 | |
| 1 serving, 4 oz | | | | | | | | | | |
| Chipotle Mexican Grill Fresh Tomato Salsa | 20 | 0 | 0 | 4 | 0.5 | 3 | 1 | 500 | 0 | |
| 1 serving, 4 oz | | | | | | | | | | |
| Chipotle Mexican Grill Fajita Vegetables | 20 | 0.5 | 0 | 4 | 1 | 2 | 1 | 170 | 0 | |
| 1 serving, 2 oz | | | | | | | | | | |
| Chipotle Mexican Grill Lettuce | 5 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | |
| 1 serving, 1 oz | | | | | | | | | | |
| Chipotle Mexican Grill Black Beans | 120 | 1 | 0 | 22 | 12 | 1 | 7 | 260 | 0 | |
| 1 serving, 4 oz | | | | | | | | | | |
| Total | 350 | 8.5 | 2.5 | 37 | 16.5 | 8 | 33.5 | 1710 | 65 | |
| **Dinner** | | | | | | | | | | |
| Fun Pops Fruit Flavored Popcicles | 60 | 0 | 0 | 15 | 0 | 13 | 0 | 0 | 0 | |
| 1 pop, 3 oz | | | | | | | | | | |
| Cooked Green String Beans (from Fresh) | 153 | 8.06 | 1.542 | 19.79 | 8.1 | 3.85 | 4.73 | 803 | 0 | 364 |
| 2 cups fresh | | | | | | | | | | |

## Tuesday, January 13, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Kroger Pork Country Style Ribs<br>2 x 4 oz, 224 g | 320 | 18 | 6 | 0 | 0 | 0 | 46 | 700 | 100 | |
| Total | 533 | 26.06 | 7.542 | 34.79 | 8.1 | 16.85 | 50.73 | 1503 | 100 | 364 |
| **Snacks/Other** | | | | | | | | | | |
| Hummus<br>2 tbsps | 53 | 2.58 | 0.337 | 6.04 | 1.2 | 0.14 | 1.46 | 73 | 0 | 52 |
| Cucumber (with Peel)<br>1 cup slices | 16 | 0.11 | 0.035 | 3.78 | 0.5 | 1.74 | 0.68 | 2 | 0 | 153 |
| Swiss Miss Classics Milk Chocolate Hot Cocoa Mix<br>1 envelope, 21 g | 90 | 2 | 2 | 16 | 1 | 8 | 1 | 150 | 0 | 270 |
| Part Skim Mozzarella Cheese<br>2 sticks | 169 | 11.22 | 7.095 | 2.14 | 0 | 0.34 | 14.54 | 296 | 30 | 53 |
| Total | 328 | 15.91 | 9.467 | 27.96 | 2.7 | 10.22 | 17.68 | 521 | 30 | 528 |
| **Total** | **1380** | **61.9** | **23.073** | **100.64** | **27.3** | **35.96** | **116.37** | **4251** | **682** | **1046** |