Sunday, September 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Young Green Onions 1/2 cup chopped	16	0.1	0.016	3.67	1.3	1.16	0.92	8	0	138
Meijer Diced Green Bell Peppers 2/3 cup	25	0	0	4	0	3	3	5	0	
Red Potatoes (Flesh and Skin) 7 oz	143	0.28	0.052	31.55	3.4	1.98	3.75	12	0	903
Total	303	13.88	1.932	39.22	4.7	6.14	7.67	25	0	1041
Lunch										
Cooked Mushrooms (Fat Not Added in Cooking) 1 cup	44	0.73	0.095	8.21	3.4	3.42	3.37	373	0	552
Cranberry Juice (Unsweetened) 2 cups	233	0.66	0.051	61.73	0.5	61.23	1.97	10	0	390
Cilantro 4 sprigs	1	0.02	0.001	0.16	0.1	0.04	0.09	2	0	23
Lime 1/4 fruit (2" dia)	5	0.03	0.004	1.77	0.5	0.28	0.12	0	0	17
Salsa 4 tbsps	17	0.1	0.019	4.01	1	1.96	0.99	384	0	190
Red Tomatoes (with Green Chilies, Canned) 1 cup	36	0.19	0.027	8.72			1.66	966	0	258
Cooked Green Cabbage (Fat Added in Cooking) 0.2 medium head (about 5-3/4" dia)	76	5.03	0.896	7.86	3.2	5.06	1.78	497	0	169

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Carrots 2/3 medium	17	0.1	0.015	3.86	1.1	1.83	0.37	28	0	129
Cooked or Sauteed Mature Onions (Fat Added in Cooking) 1/4 cup	31	1.02	0.189	5.34	0.8	2.37	0.71	102	0	87
Total	460	7.88	1.297	101.66	10.6	76.19	11.06	2362	0	1815
Dinner										
Walnuts 0.35 oz (14 halves)	65	6.47	0.608	1.36	0.7	0.26	1.51	0	0	44
Extra Virgin Olive Oil 1/4 tbsp	30	3.38	0.466	0	0	0	0	0	0	
Spinach (Chopped or Leaf, Frozen) 1/2 cup	24	0.58	0.228	3.38	2.4	0.68	3.07	58	0	290
Romano's Macaroni Grill Roasted Garlic Cloves 1/2 x 1 serving	30	0.25	0	5.5	1		1.5	17.5		
Melissa's Fire Roasted Sweet Red Bell Peppers 1 oz, 30 g	10	0	0	1	0	0	0	55	0	
Lemon 1 fruit (2-1/8" dia)	17	0.17	0.023	5.41	1.6	1.45	0.64	1	0	80
Quinoa (Cooked) 1.15 cups cooked	263	4.08	0.415	48.49	4.2	0	9.22	361	0	
Total	439	14.93	1.74	65.14	9.9	2.39	15.94	492.5	0	414
Snacks/Other										
Oats, Fruit and Nut Granola Bars 1 oz	113	1.79	0.207	21.95	1.5	12.33	2.18	71	0	67
Apple Cider	15	0.03	0.006	3.62	0	3.38	0.02	1	0	37

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1 fl oz										
Stop & Shop Pluot	40	0.8	0	8.7	1.5	7.5	0.5	0	0	0
1 medium, 5 oz										
Kroger Apple	80	0		22	5	16	0			
1 serving, 154 g										
Total	248	2.62	0.213	56.27	8	39.21	2.7	72	0	104
Total	1450	39.31	5.182	262.29	33.2	123.93	37.37	2951.5	0	3374