Thursday, September 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cherry Tomatoes 3 cherry	9	0.1	0.023	2	0.6	1.34	0.45	3	0	
My Essentials Natural 4 Cheese Mexican Blend Fancy Shredded Cheese 1/2 x 1/4 cup, 14 g	55	4.5	3	0.5	0	0	3	100	12.5	
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Vital Proteins Collagen Peptides 2 scoops, 20 g	72	0	0	0		0	18	108		
Total	300	14.6	6.122	3.51	0.6	2.34	37.63	406	435.5	188
Lunch										
Trader Joe's Tropical Fruit Medley 1/2 x 1 cup, 2.5 oz	35	0	0	9	1	7	0.5	0	0	
Earthrise Spirulina Natural 1 tsp, 3 g	15	0	0	1	0	0	2	0	0	0
Kale 1/4 cup chopped	8	0.12	0.015	1.68	0.3		0.55	7	0	75
Lifetime Life's Basics Plant Protein Vanilla 1/2 x 1 heaping scoop, 17.55 g	65	0.5	0	4.5	1.5	1.5	11	110	0	0
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage 2 x 1 cup, 16 oz	60	5	0	4	2	0	2	360	0	340

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Tomatoes	7	0.08	0.018	1.57	0.5	1.05	0.35	2	0	95
2 medium slices (1/4" thick)										
Baby Spinach	14	0.23	0.038	2.18	1.3	0.25	1.72	47	0	
2 cups										
Personal Trainer Food Garlic Herb Chicken	120	2.5		2		0	24	790		
1 serving, 4 oz										
Total	324	8.43	0.071	25.93	6.6	9.8	42.12	1316	0	510
Dinner										
Stop & Shop Corn on the Cob	77	1		17	3	3	1	11	197	197
1 ear, 3.2 g										
Sabra Guacamole Classic Singles	90	7	1	6	3	0	1	280	0	0
2 oz cup, 57 g										
Trader Joe's Premium Salmon Burgers	110	3.5	0.5	3	0	1	15	330	35	
1 patty, 91 g										
Spinach	14	0.23	0.038	2.18	1.3	0.25	1.72	47	0	335
2 cups										
Tomatoes	7	0.08	0.018	1.57	0.5	1.05	0.35	2	0	95
2 medium slices (1/4" thick)										
Total	298	11.81	1.556	29.75	7.8	5.3	19.07	670	232	627
Snacks/Other										
Eillien's Salt Water Taffy	550	12.5	5	105		65	0	850		
5 x 4 pieces, 140 g										
Whiskey	140	0	0	0.06	0	0	0	1	0	1
2 fl oz (no ice)										
Total	690	12.5	5	105.06	0	65	0	851	0	1

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Total	1612	47.34	12.749	164.25	15	82.44	98.82	3243	667.5	1326