Tuesday, June 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Half & Half 4 x 2 tbsp, 120 ml	140	12	8	4	0	4	4	60	60	0
America's Choice Egg Substitute 4 x 1/4 cup, 244 g	120	0		4			24	460		400
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Golden Blossom Honey US Grade A Pure Honey 1 tbsp, 21 g	60	0		17		16	0	0	0	
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Total	**544**	**19.97**	**10.05**	**52.38**	**4**	**21.38**	**39.29**	**590**	**272**	**610**
Lunch										
Spinach 1/2 cup	3	0.06	0.009	0.54	0.3	0.06	0.43	12	0	84
Sweet Potato 1 5" long	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
Pork Loin (Tenderloin) 8 oz	308	12.27	4.241	0	0		46.58	111	150	814
Total	**423**	**12.39**	**4.273**	**26.7**	**4.2**	**5.49**	**49.05**	**195**	**150**	**1336**
Dinner										
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Ground Beef (Cooked) 4 oz cooked	309	20.81	8.055	0	0	0	28.39	448	99	321

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Chicken Breast 4 oz boneless, cooked	221	8.75	2.463	0	0	0	33.51	446	94	276
Total	564	29.69	10.547	7.84	3.7	1.54	63.9	901	193	827
Snacks/Other										
Daisy 4% Small Curd Cottage Cheese 1/2 cup, 113 g	110	5	3	4	0	4	13	360	15	
Total	1641	67.05	27.87	90.92	11.9	32.41	165.24	2046	630	2773