Wednesday, February 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Ralphs Whole Raw Almonds 24 almonds, 1 oz	160	12	1	6	3	1	6	0	0	
Grapefruit 1 medium (approx 4" dia)	82	0.26	0.036	20.68	2.8	17.87	1.61	0	0	356
Total	242	12.26	1.036	26.68	5.8	18.87	7.61	0	0	356
Dinner										
LaMar Foods Garlic Expressions 1 Tbsp, 15 g	55	5	1	3	0	3	0	225	0	
BelGioioso Fresh Mozzarella Cheese 1 1/2 x 1 oz, 42 g	105	7.5	4.5	0.75	0	0	7.5	127.5	30	
Calavo Avocado 1/2 x 1/2 medium avocado, 37.5 g	65	6	1	3	2.5	0	0.5	2.5	0	190
Mixed Salad Greens 1 cup shredded or chopped	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
Total	234	18.63	6.521	8.51	3.6	3.48	8.84	371	30	350
Snacks/Other										
Nestle Kit Kat (Fun Size) 2 bars, 12 g	60	3	2	8	0	6	1	10	0	
Clif Bar Organic Trail Mix Bar - Dark Chocolate Almond Sea Salt 1/2 x 1 bar, 20 g	100	6.5	1.5	9.5	1.5	4.5	2.5	80	0	85
Kraft Big Slice Sharp Cheddar	90	8		0	0	0	5	140	25	

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1 slice, 23 g										
34-Degrees Rosemary Savory Crisps	112	0	0	24.75	2.25	0	4.5	472.5	0	0
2 1/4 x 9 crackers, 34 g										
Total	362	17.5	3.5	42.25	3.75	10.5	13	702.5	25	85
Total	**838**	**48.39**	**11.057**	**77.44**	**13.15**	**32.85**	**29.45**	**1073.5**	**55**	**791**