Friday, October 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Jason's Deli Grilled Chicken Breast	42	0.66		0.33			8.25			
1/3 x 1 fillet										
Bruegger's Balsamic Vinaigrette	60	6	1	3	0	2	0	230	0	
1 serving, 28 g										
Feta Cheese	112	9.05	6.356	1.74	0	1.74	6.04	475	38	26
1 1/2 oz										
Great Value Romaine Lettuce	15	0		2	2	0	1	10	0	
1 cup, 47 g										
Baby Carrots	28	0.1	0.018	6.59	1.4	3.81	0.51	62	0	190
8 medium										
Blue Diamond Smokehouse Almonds	67	6.29	0.39	1.96	1.18	0.39	2.36	58.95	0	74.67
11 g										
Total	324	22.1	7.764	15.62	4.58	7.94	18.16	835.95	38	290.67
Dinner										
Tortilla Corn Chips	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
1 10 chip serving										
Del Taco Grilled Chicken Taco	660	36	9	48	6	3	36	1470	135	
3 x 1 serving, 312 g										
Total	806	43.01	9.737	67.6	7.6	3.3	38.34	1596	135	64
Snacks/Other										
Oreo Peanut Butter Cup Flavor Creme	130	5	1	21	1	12	1	115	0	45

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cookies, 29 g										
Barefoot Pinot Grigio	273	0	0	9.3	0	0	0	0	0	0
3 x 1 serving, 12 oz										
Total	403	5	1	30.3	1	12	1	115	0	45
Total	1533	70.11	18.501	113.52	13.18	23.24	57.5	2546.95	173	399.67