Wednesday, May 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Promise Organic Frozen Blueberries	80	0		20	3	11	0	130	0	
1/2 cup, 123 g										
Nature's Promise Organic Almond Butter	45	4	0.38	1.75	1	0.5	1.25	0	0	57.5
1/4 x 2 tbsp, 8 g										
365 Organic Almond Milk - Unsweetened	20	1.5	0	1	0.5	0.5	0.5	90	0	95
1/2 x 1 cup, 120 ml										
Vega One All-in-One Nutritional Shake - French Vanilla	160	6	0.5	10	6	1	20	30	0	230
1 scoop, 38 g										
Total	305	11.5	0.88	32.75	10.5	13	21.75	250	0	382.5
Lunch										
Dinner										
Snacks/Other										
Southern Grove Natural Almond & Walnut Mix	100	9	1	3	2	1	3	0	0	
1 package, 18 g										
The Biggest Loser Celery Sticks	30	0	0	8	4	0	2	150	0	
2 x 2 sticks, 170 g										
Total	130	9	1	11	6	1	5	150	0	
Total	**435**	**20.5**	**1.88**	**43.75**	**16.5**	**14**	**26.75**	**400**	**0**	**382.5**