Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Caramel Macchiato (Venti)	300	8	5	43	0	39	13	160	35	
1 serving, 20 oz										
Lunch										
Eating Right Roasted Garlic Hummus	45	2	0	5	1	0	2	160	0	
2 tbsp, 30 g										
Stop & Shop Baby Carrots	35	0	0	8	2	5	1	65	0	0
3 oz, 85 g										
Light Sour Cream	22	1.7	1.056	1.14	0	0.04	0.56	11	6	34
1 tbsp										
Homemade-Style Spaghetti Sauce with Beef or Meat	141	8.04	2.096	10.47	2.2	5.93	8.14	609	21	532
1/2 cup										
Bell Peppers	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Total	258	11.92	3.187	28.2	6.4	13.47	12.29	846	27	566
Dinner										
Mango Salad	152	10.38	1.459	15.36	1.8	12.26	0.88	295	0	202
1 serving										
Stop & Shop Baby Carrots	18	0	0	4	1	2.5	0.5	32.5	0	0
1/2 x 3 oz, 42.5 g										
Kikkoman Lite Soy Sauce	20	0	0	2	0	0	2	1150	0	
2 x 1 tbsp, 30 ml										
Publix Red Bell Pepper	8	0	0	2	0.5	0	0.25	0	0	
1/4 x 1 medium pepper, 37 g										

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KA-ME Bean Threads - Sai Fun 1/2 x 1/2 package	100	0	0	25	0.5	0	0	0	0	
Cooked Mushrooms (Fat Not Added in Cooking) 1/2 cup	22	0.37	0.048	4.1	1.7	1.71	1.68	186	0	276
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	
Total	460	14.75	3.007	52.46	5.5	16.47	30.31	1703.5	65	478

Snacks/Other

Total	1018	34.67	11.194	123.66	11.9	68.94	55.6	2709.5	127	1044