Sunday, February 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mixed Salad Greens 1 cup shredded or chopped	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
Ranch Salad Dressing 2 tbsps	145	15.42		2.01	0.2	0.74	0.31	245	10	19
New Direction Chocolate Beverage with Fiber 1 packet, 55 g	200	6	1.5	14	5	7	27	660	30	850
Fresh & Easy Melon Medley 1 serving, 5 oz	45	0	0	12	1	10	1	15	0	280
Total	399	21.55	1.521	29.77	7.3	18.22	29.15	936	40	1309
Lunch										
Pop Secret Popcorn Butter 100 Calorie Pop 1 bag popped, 24 g	100	3	1	16	3	0	2	220	0	
Dinner										
Atkins Endulge Caramel Nut Chew Bar 1 bar, 34 g	130	8	4	17	6	1	5	70	10	80
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Jimmy Dean Turkey Sausage Patty 2 x 1 patties, 104 g	200	14	4	2	0	2	22	840	140	
Total	477	31.94	11.099	19.77	6	3.77	39.58	1050	573	214
Snacks/Other										
Potato Chips	38	2.62	0.767	3.48	0.3	0.29	0.46	37	0	115

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1/4 single serving bag										
Skippy Creamy Peanut Butter	190	16	3	6	2	3	7	150	0	208
2 tbsp, 32 g										
Mission Carb Balance Medium/Soft Taco Flour Tortillas	120	3	1.5	19	13	0	5	280	0	
1 tortilla, 43 g										
Total	348	21.62	5.267	28.48	15.3	3.29	12.46	467	0	323
Total	**1324**	**78.11**	**18.887**	**94.02**	**31.6**	**25.28**	**83.19**	**2673**	**613**	**1846**