Thursday, August 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hershey's Sugar Free Strawberry Syrup 1/2 x 2 tbsp, 10.5 g	5	0	0	0	0	0	0	27.5	0	
Silk Pure Almond Milk - Unsweetened Original 1 cup, 240 ml	30	2.5	0	1	1	0	1	160	0	35
BelGioioso Burrata 2 x 1 oz, 56 g	140	14	8	0	0	0	10	170	40	
Tomatillos 7 1/2 oz	68	2.17	0.296	12.42	4	8.36	2.04	2	0	570
Giorgio Baby Bella Mushrooms 3 oz, 85 g	30	0	0	4	2	1	3	10	0	
Welsh Farms Half & Half 2 tbsp, 30 ml	40	3.5	2	1	0	1	1	20	15	
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Total	318	22.26	10.305	18.42	7	10.36	17.61	398.5	55	837
Lunch										
Dinner										
Snacks/Other										
Total	318	22.26	10.305	18.42	7	10.36	17.61	398.5	55	837