# Tuesday, November 7, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Silk Pure Almond Milk - Unsweetened Original<br>1/2 x 1 cup, 120 ml | 15 | 1.25 | 0 | 0.5 | 0.5 | 0 | 0.5 | 80 | 0 | 17.5 |
| Strawberries<br>3 oz | 27 | 0.26 | 0.013 | 6.53 | 1.7 | 3.96 | 0.57 | 1 | 0 | 130 |
| Coffee (Brewed From Grounds)<br>2 cups (8 fl oz) | 5 | 0.09 | 0.009 | 0 | 0 | 0 | 0.57 | 9 | 0 | 232 |
| Bob's Red Mill Whole Ground Flaxseed Meal<br>2 tbsp, 13 g | 60 | 4.5 | 0 | 4 | 4 | 0 | 3 | 0 | 0 | |
| Trader Joe's Raw Almonds<br>1/4 cup, 28 g | 160 | 14 | 1 | 6 | 3 | 1 | 6 | 0 | 0 | 167 |
| Barlean's Fresh Flax Oil<br>1 tbsp, 15 ml | 120 | 13 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Organic Valley Half & Half<br>2 tbsp, 30 ml | 40 | 3.5 | 2 | 1 | 0 | 1 | 0 | 10 | 0 | |
| Total | 427 | 36.6 | 4.022 | 18.03 | 9.2 | 5.96 | 10.64 | 100 | 0 | 546.5 |
| **Lunch** | | | | | | | | | | |
| Panera Bread Grilled Chicken Caesar Salad<br>1 salad, 13.25 oz | 440 | 29 | 9 | 29 | 3 | 2 | 37 | 820 | 115 | |
| **Dinner** | | | | | | | | | | |
| Kroger Walnut Halves & Pieces<br>1/4 cup, 30 g | 200 | 20 | 2 | 4 | 2 | 1 | 5 | 0 | 0 | 130 |
| Cooked Spaghetti Squash<br>7 1/2 oz | 100 | 5.44 | 1.049 | 13.4 | 3 | 5.19 | 1.36 | 438 | 0 | 242 |

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|---|---|---|---|---|---|---|---|---|---|---|
| Trader Joe's Organic American Cheese | 100 | 8 | 6 | 2 | 0 | 0 | 6 | 420 | 20 | |
| 2 x 1 slice, 38 g | | | | | | | | | | |
| Total | 400 | 33.44 | 9.049 | 19.4 | 5 | 6.19 | 12.36 | 858 | 20 | 372 |
| **Snacks/Other** | | | | | | | | | | |
| Dagoba Organic Chocolate Cacao Powder | 10 | 0.5 | 0 | 3 | 2 | 0 | 1 | 0 | 0 | |
| 1 tbsp, 5 g | | | | | | | | | | |
| Trader Joe's Dry Roasted Unsalted Almonds | 340 | 30 | 2 | 10 | 8 | 2 | 14 | 0 | 0 | |
| 2 x 1/4 cup, 60 g | | | | | | | | | | |
| Bell Plantation PB2 Powdered Peanut Butter | 25 | 0.75 | 0 | 2.5 | 1 | 1 | 2.5 | 35 | 0 | |
| 1/2 x 2 tbsp, 6.5 g | | | | | | | | | | |
| Silk Pure Almond Milk - Unsweetened Original | 90 | 7.5 | 0 | 3 | 3 | 0 | 3 | 480 | 0 | 105 |
| 3 x 1 cup, 720 ml | | | | | | | | | | |
| Pure Protein Rich Chocolate Shake | 120 | 0 | 0 | 8 | 6 | 1 | 23 | 230 | 10 | 670 |
| 1 bottle, 325 ml | | | | | | | | | | |
| Royal sugar free cherry gelatin | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 300 | 0 | |
| 1 package, 10 g | | | | | | | | | | |
| U-bet Sugar Free Chocolate Syrup | 10 | 0 | | 2 | | 0 | 0 | 17.5 | 0 | |
| 1/2 x 2 tbsp, 16 g | | | | | | | | | | |
| Reddi-wip Fat Free Dairy Whipped Topping | 65 | 0 | 0 | 13 | 0 | 13 | 0 | 0 | 0 | |
| 13 x 2 tbsp, 65 g | | | | | | | | | | |
| Apples | 18 | 0.06 | 0.01 | 4.89 | 0.9 | 3.68 | 0.09 | 0 | 0 | 38 |
| 1 1/4 oz | | | | | | | | | | |
| Total | 698 | 38.81 | 2.01 | 46.39 | 20.9 | 20.68 | 47.59 | 1062.5 | 10 | 813 |

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|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1965 | 137.85 | 24.081 | 112.82 | 38.1 | 34.83 | 107.59 | 2840.5 | 145 | 1731.5 |