Friday, December 2, 2016

	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 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	80	0	17.5
Coffee (Brewed From Grounds) 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 2 tbsp, 13 g	60	4.5	0	4	4	0	3	0	0	
Cranberries 2 oz	26	0.07	0.006	6.92	2.6	2.29	0.22	1	0	48
Trader Joe's Raw Almonds 1/4 cup, 28 g	160	14	1	6	3	1	6	0	0	167
Barlean's Fresh Flax Oil 1 tbsp, 15 ml	120	13	1	0	0	0	0	0	0	
Organic Valley Half & Half 2 tbsp, 30 ml	40	3.5	2	1	0	1	0	10	0	
Total	**426**	**36.41**	**4.015**	**18.42**	**10.1**	**4.29**	**10.29**	**100**	**0**	**464.5**
Lunch										
Carrots 1/2 oz	6	0.03	0.005	1.36	0.4	0.64	0.13	10	0	45
Boar's Head Ovengold Roast Breast of Turkey - Skinless 2 oz, 56 g	60	1	0	0	0	0	13	360	20	140
Radishes 1 oz	5	0.03	0.009	0.96	0.5	0.6	0.19	11	0	66
Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	0
Avocados	125	11.43	1.657	6.65	5.2	0.51	1.56	5	0	378

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 3/4 oz										
Baby Spinach	31	0.53	0.085	4.89	3	0.57	3.85	106	0	
4 3/4 oz										
Celery	7	0.08	0.021	1.47	0.8	0.91	0.34	40	0	129
1 3/4 oz										
Cucumber (with Peel)	13	0.09	0.029	3.09	0.4	1.42	0.55	2	0	125
3 oz										
Red Tomatoes	10	0.11	0.026	2.22	0.7	1.49	0.5	3	0	134
2 oz										
Total	317	20.05	2.764	20.64	11	6.14	20.12	537	20	1017

Dinner

Snacks/Other

Total	743	56.46	6.779	39.06	21.1	10.43	30.41	637	20	1481.5