Thursday, March 9, 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 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	
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	
Trader Joe's Organic Canned Pumpkin 1/2 x 1/2 cup, 65 g	25	0	0	5	2	2	0.5	0	0	
Total	425	36.34	4.009	16.5	9.5	4	10.57	99	0	416.5
Lunch										
Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	0
Radishes 1/2 oz	2	0.01	0.004	0.48	0.2	0.3	0.1	6	0	33
Boar's Head Ovengold Roast Breast of Turkey - Skinless 2 oz, 56 g	60	1	0	0	0	0	13	360	20	140
Trader Joe's Organic American Cheese 1 slice, 19 g	50	4	3	1	0	0	3	210	10	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Red Tomatoes 2 oz	10	0.11	0.026	2.22	0.7	1.49	0.5	3	0	134
Carrots 1 3/4 oz	20	0.12	0.018	4.75	1.4	2.25	0.46	34	0	159
Trader Joe's Colossal Olives Hand Stuffed with Garlic Cloves 4 x 2 olives, 76 g	60	6		0	0	0	0	920	0	
Cucumber (with Peel) 3 1/2 oz	15	0.11	0.034	3.6	0.5	1.66	0.64	2	0	146
Celery 2 3/4 oz	11	0.13	0.034	2.32	1.2	1.43	0.54	62	0	203
Baby Spinach 4 1/2 oz	29	0.5	0.08	4.63	2.8	0.54	3.65	101	0	
Total	317	18.73	4.128	19	6.8	7.67	21.89	1698	30	815
Dinner										
Trader Joe's Roasted & Unsalted Sunflower Seeds 1/4 cup, 33 g	200	17	2.5	8	4	0	7	0	0	
Trader Joe's Marinated Mozzarella Balls 1 3/4 x 3 balls	105	7.88	4.38	0	0	0	10.5	43.75	26.25	
Onions 2 1/4 oz	27	0.05	0.017	6.45	0.9	2.73	0.59	2	0	92
Cauliflower 9 oz	64	0.26	0.082	13.52	6.4	6.12	5.05	77	0	773
Total	396	25.19	6.979	27.97	11.3	8.85	23.14	122.75	26.25	865
Snacks/Other										
Reddi-wip Chocolate Whipped Topping	90	6	0	6	0	6	0	0	30	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
6 x 2 tbsp, 30 g										
Spectrum Decadent Blend	70	5	0	6	3	2	2	0	0	0
2 tbsp, 1 oz										
Dagoba Organic Chocolate Cacao Powder	30	1.5	0	9	6	0	3	0	0	
3 x 1 tbsp, 15 g										
Linden's Chocolate Chippers Bite Size Cookies	135	5	2	20	1	11	1	100	5	
1 package, 28 g										
Silk Pure Almond Milk - Unsweetened Original	180	15	0	6	6	0	6	960	0	210
6 x 1 cup, 1440 ml										
Reddi-wip Fat Free Dairy Whipped Topping	65	0	0	13	0	13	0	0	0	
13 x 2 tbsp, 65 g										
Royal sugar free cherry gelatin	20	0	0	0	0	0	4	300	0	
1 package, 10 g										
Apples	33	0.11	0.018	8.81	1.5	6.63	0.17	1	0	68
2 1/4 oz										
Pure Protein Rich Chocolate Shake	120	0	0	8	6	1	23	230	10	670
1 bottle, 325 ml										
U-bet Sugar Free Chocolate Syrup	48	0		10		0	0	87.5	0	
2 1/2 x 2 tbsp, 80 g										
Total	791	32.61	2.018	86.81	23.5	39.63	39.17	1678.5	45	948
Total	**1929**	**112.87**	**17.134**	**150.28**	**51.1**	**60.15**	**94.77**	**3598.25**	**101.25**	**3044.5**