Sunday, March 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds)	4	0.07	0.007	0	0	0	0.43	7	0	174
1 1/2 cups (8 fl oz)										
Organic Valley Half & Half	40	3.5	2	1	0	1	0	10	0	
2 tbsp, 30 ml										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	
5.3 oz, 150 g										
Lemon Juice	6	0	0	2.03	0.1	0.56	0.09	0	0	29
1/2 lemon yields										
Trader Joe's Brown Cage Free Eggs (Large)	70	5	1.5	0	0	0	6	70	185	60
1 egg, 50 g										
Calabro Fat Free Ricotta Cheese	30	0	0	2	0	2	6	24	0	
1/4 cup, 55 g										
GG Scandinavian Bran Crispbread	25	0.5	0	7.5	4	0.5	1.5	40	0	0
1 cracker, 8 g										
Total	265	9.07	3.507	19.53	4.1	8.06	29.02	221	195	263
Lunch										
Applegate Farms Oven Roasted Turkey Breast	50	0	0	0	0	0	12	360	30	
2 slices, 55 g										
Dill Cucumber Pickles	11	0.11	0.029	2.47	0.7	2.11	0.37	769	0	70
2 spears										
Silk Pure Almond Milk - Unsweetened Original	45	3.75	0	1.5	1.5	0	1.5	240	0	52.5
1 1/2 x 1 cup, 360 ml										
Cucumber (with Peel)	23	0.17	0.053	5.66	0.8	2.6	1.01	3	0	229

Sunday, March 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 1/2 oz										
Trader Joe's Roasted Seaweed Snack Packs	60	4	0	2	2	0	2	100	0	
2 x 1/2 package, 10 g										
Radishes	5	0.03	0.009	0.96	0.5	0.6	0.19	11	0	66
1 oz										
Fresh Lemon Juice	6	0	0	2.03	0.1	0.56	0.09	0	0	29
1/2 Juice 1 lemon (2-1/8" dia)										
Carrots	15	0.09	0.013	3.39	1	1.61	0.33	24	0	113
1 1/4 oz										
Calabro Fat Free Ricotta Cheese	30	0	0	2	0	2	6	24	0	
1/4 cup, 55 g										
Extra Virgin Olive Oil	60	6.75	0.932	0	0	0	0	0	0	
1/2 tbsp										
Tomatoes	9	0.1	0.024	2.04	0.6	1.37	0.46	3	0	123
2 oz, raw, yields										
Celery	7	0.08	0.021	1.47	0.8	0.91	0.34	40	0	129
1 3/4 oz										
Cos or Romaine Lettuce	24	0.43	0.055	4.65	3	1.69	1.74	11	0	350
5 oz										
Total	345	15.51	1.136	28.17	11	13.45	26.03	1585	30	1161.5
Dinner										
Foster Farms Lean Ground Turkey	160	8	2.5	0	0	0	22	80	65	
4 oz, 112 g										
Trader Joe's Just Almond Meal	180	15	1	5	3	1	7	0	0	
1/4 cup, 30 g										
Trader Joe's Organic American Cheese	50	4	3	1	0	0	3	210	10	

Sunday, March 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 19 g										
Green Cabbage	54	0.27	0.036	12.51	5.2	8.03	3.23	40	0	552
9 3/4 oz, raw, yields										
Total	444	27.27	6.536	18.51	8.2	9.03	35.23	330	75	552
Snacks/Other										
Planters Salted Peanuts (1 oz)	340	28	4	10	4	2	14	190	0	400
2 x 1 package, 2 oz										
Apples	41	0.13	0.022	10.77	1.9	8.1	0.2	1	0	83
2 3/4 oz										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 g										
Silk Pure Almond Milk - Unsweetened Original	120	10	0	4	4	0	4	640	0	140
4 x 1 cup, 960 ml										
Tierra Farm Organic Raw Cashews	680	56	10	40	4	8	20	0	0	
4 x 1/4 cup, 132 g										
Reddi-wip Fat Free Dairy Whipped Topping	65	0	0	13	0	13	0	0	0	
13 x 2 tbsp, 65 g										
Gatorade All Stars Thirst Quencher Berry Beverage	20	0		5.33	0	5.33	0	40.64	0	11.43
90 ml										
U-bet Sugar Free Chocolate Syrup	28	0		6		0	0	52.5	0	
1 1/2 x 2 tbsp, 48 g										
Royal sugar free cherry gelatin	20	0	0	0	0	0	4	300	0	
1 package, 10 g										
Total	1336	94.88	14.022	91.6	14.9	36.93	44.7	1271.14	0	634.43

Sunday, March 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2390	146.73	25.201	157.81	38.2	67.47	134.98	3407.14	300	2610.93