Monday, February 13, 2017

	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)	9	0.19	0.019	0	0	0	1.14	19	0	465
4 cups (8 fl oz)										
Wawa Boston Cream Donut	320	14	6	43	1	19	4	250	0	
1 donut										
Cooked Spinach (from Fresh)	37	2.08	0.384	3.4	2.1	0.39	2.66	264	0	418
1/2 cup fresh										
Goats Cheese (Soft)	152	11.95	8.264	0.5	0	0.5	10.5	209	26	15
2 oz										
Egg White	34	0.11	0	0.48	0	0.47	7.19	110	0	108
2 large										
Tia Rosa Flour Tortillas (Burrito Size)	210	6	1.5	34	1	0	5	520	0	0
1 tortilla, 71 g										
Total	762	34.33	16.167	81.38	4.1	20.36	30.49	1372	26	1006
Lunch										
Bella Sun Luci Sun Dried Tomatoes in 100% Pure Olive Oil and Herbs	70	5	0.5	6	1	3	1	10	0	
2/3 oz, 19 g										
Spinach Souffle	233	17.61	8.284	7.92	1	2.52	10.76	770	160	318
1 cup										
Goats Cheese (Soft)	76	5.98	4.132	0.25	0	0.25	5.25	104	13	7
1 oz										
Egg White	17	0.06	0	0.24	0	0.23	3.6	55	0	54
1 large										
Total	396	28.65	12.916	14.41	2	6	20.61	939	173	379

Dinner

Monday, February 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Smucker's Natural Chunky Peanut Butter	400	32	5	12	4	2	14	180	0	0
2 x 2 tbsp, 64 g										
Plant Fusion Protein Powder	240	4	0	8	0	8	42	780	0	120
2 x 1 scoop, 60 g										
KeVita Lemon Ginger Sparkling Probiotic Drink	90	0	0	22		18	0	10	0	
2 x 8 fl oz, 480 ml										
KeVita Daily Cleanse Lemon Cayenne Probiotic Drink	10	0		2	0	2	0	90	0	
2 x 1/2 bottle, 16 oz										
Bananas	210	0.78	0.264	53.9	6.1	28.86	2.57	2	0	845
2 medium (7" to 7-7/8" long)										
Clover Honey	120	0	0	32.47	0.1	32.36	0.12	2	0	
2 tbsps										
John Mccann's Steel Cut Irish Oatmeal	150	2.5	0.5	27	3	0	4	0	0	
1/4 cup dry, 40 g										
Kroger Walnut Halves and Pieces	67	6.66	0.67	1.33	0.67	0.33	1.66	0	0	43.29
10 g										
Tea (Brewed)	14	0	0.028	4.27	0	0	0	43	0	526
6 cups (8 fl oz)										
Flaxseed Seeds	90	7.08	0.615	4.85	4.6	0.26	3.07	5	0	137
0.1 cup, whole										
Cinnamon	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
1 tsp										
Raisins	43	0.07	0.008	11.48	0.5	8.58	0.45	2	0	109
0.1 cup										
Total	**1440**	**53.16**	**7.1**	**181.14**	**20.17**	**100.44**	**67.96**	**1115**	**0**	**1792.29**

Monday, February 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2598	116.14	36.183	276.93	26.27	126.8	119.06	3426	199	3177.29