Tuesday, August 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
coffee with almond milk and raw honey 1 cup, 8 oz	77	0.66	0	19.25	0.2	17.75	0.46	42	0	132
Total Fiber 2 tsp, 3.5 g	10	0	0	3	3	0	0	0	0	0
100% Juice White Grapefruit 1/2 x 1 cup, 4 oz	45	0	0	10.5	0	8.5	1	17.5	0	170
adult gummies multi for her 1/2 x 2 gummies	12	0		2.5		2	0	10	2.5	
cherry chocolate breakfast cookies 1 cookie	208	4.43	1.74	38.8	4.3	16.22	5.6	103	21	104
Total	**352**	**5.09**	**1.74**	**74.05**	**7.5**	**44.47**	**7.06**	**172.5**	**23.5**	**406**
Lunch										
Mae Ploy Sweet Chili Sauce 1/4 x 2 tbsp, 8 ml	18	0	0	4.25	0.25	3.5	0	100	0	0
spicy wrap - tuna 1 serving, 6.6 oz	240	19	1.5	15	3	3	16	200	10	
Total	**258**	**19**	**1.5**	**19.25**	**3.25**	**6.5**	**16**	**300**	**10**	**0**
Dinner										
allrecipes.com fresh from the vine tortellini 1 cup	336	17.6	5.3	34.3	2.7	1.7	12	441	33.5	193.5
Snacks/Other										
Green Tea Mochi Ice Cream 1 piece, 43 g	100	3.5	2.5	18	0	13	2	25	10	

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Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Coca-Cola Coca-Cola Classic 8 fl oz, 240 ml	100	0		27	0	27	0	30	0	
365 Sundried Tomatoes 1/2 x 4 pieces, 7 g	25	0	0	5	1.5	3	1	60	0	
Cento Artichoke Hearts 3 pieces, 80 g	30	0	0	6	1	1	2	240	0	
Great Value Bowtie Noodles Pasta 1/2 x 1 1/4 cups, 28 g	100	0.5	0	20.5	1	1	3.5	0	0	52.5
Plums 1 fruit (2-1/8" dia)	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Total	511	11.93	4.904	91.01	4.7	55.54	15.77	524	221	234.5
Total	**1457**	**53.62**	**13.444**	**218.61**	**18.15**	**108.21**	**50.83**	**1437.5**	**288**	**834**