Wednesday, February 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Black Tea 1 teacup (6 fl oz)	1	0	0.002	0.36	0	0	0	5	0	
Flax Seeds 1/4 cup	194	15.28	1.328	10.47	9.9	0.56	6.63	11	0	295
Strawberries 3 medium (1-1/4" dia)	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
Organic Valley Organic Half & Half 1/2 x 2 tbsp, 15 ml	20	1.75	1	0.5	0	0.5	0	5	5	0
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
365 Organic Original Instant Oatmeal 1 packet, 1.41 oz	150	2.5	0	27	4	1	6	0	0	
Total	418	19.88	2.355	51.6	16.3	10.96	13.41	22	5	406
Lunch										
Organic Valley Organic Half & Half 1/2 x 2 tbsp, 15 ml	20	1.75	1	0.5	0	0.5	0	5	5	0
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Bell Peppers 3 slices or rings (3" dia, 1/4" thick)	8	0.09	0.018	1.81	0.6	1.26	0.3	1	0	
Kroger Romaine Hearts 6 leaves, 85 g	15	0	0	2	1	0	1	5	0	
Broccoli Flower Clusters 3/4 cup flowerets	15	0.19	0.029	2.79			1.59	14	0	173

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Olive Garden Signature Italian Dressing 1 1/2 x 2 tbsp, 46.5 g	120	12	2.25	3	0	3	0	780	7.5	0
Oasis Naturals Hummus Original 2 tbsp, 28 g	50	3	0	5	2	1	2	130	0	0
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Total	276	17.39	3.336	26.7	6	13.11	6.29	960	12.5	229
Dinner										
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Capellino Ravioli with Artichoke & Asiago Cheese 14 ravioli, 116 g	170	3	2	28	5	2	8	610	10	
Trader Joe's Bolognese Sauce 1/2 cup, 125 g	80	4.5	1	8	2	5	3	490	5	
Capellino Ravioli with Spinach & Ricotta 16 ravioli, 132 g	220	8	5	23	2	2	13	550	25	
Total	504	15.9	8.077	65.93	12.2	10.34	26.3	1920	40	282
Snacks/Other										
Kraft American Cheese Slice 3 x 1 slice, 57 g	180	12	7.5	6	0	3	9	600	45	
Hillshire Farm Naturals Slow Roasted Turkey Breast 2 x 3 slices, 104 g	90	1	0	0	0	0	20	980	50	280
Total	270	13	7.5	6	0	3	29	1580	95	280

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Total	1468	66.17	21.268	150.23	34.5	37.41	75	4482	152.5	1197