

Wednesday, December 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premier Nutrition High Protein Shake - Chocolate	160	3	1	5	3	1	30	210	20	450
1 shake, 11 oz										
Lunch										
Morningstar Farms Spicy Black Bean Burger	220	8	1	26	8	2	20	660	0	520
2 x 1 burger, 134 g										
Dinner										
Stella D'oro Swiss Fudge Cookies	170	9	4.5	22	1	12	2	80	0	0
3 cookies, 34 g										
Quinoa (Cooked)	172	2.66	0.271	31.62	2.7	0	6.01	236	0	
3/4 cup cooked										
Kroger Grape Tomatoes	25	0	0	6	1	3	1	0	0	150
3 oz, 85 g										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104
5 fl oz										
Nabisco Chips Ahoy! Brownie Filled	320	14	8	48	0	20	4	320	0	260
4 x 2 cookies, 144 g										
Cooked Fennel Bulb (Fat Added in Cooking)	43	2.77	0.53	4.28	1.6	2.5	0.88	335	0	300
1/2 fennel bulb										
Newman's Own Teriyaki Marinade	25	0	0	6	0	4	0	330	0	
1 tbsp, 15 ml										
Golden Corral Onions and Peppers	15	0.75	0	2	0.5	1	0.5	0	0	

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1/2 x 2 oz, 28.5 g										
Perdue Thin Sliced Boneless Skinless Chicken Breasts	180	3	0	0	0	0	39	112.5	97.5	0
1 1/2 x 1 roasted slice, 84 g										
Total	1072	32.18	13.301	123.72	6.8	43.91	53.49	1420.5	97.5	814
Snacks/Other										
Angie's Kettle Corn	140	8	0.5	18	2	8	1	110	0	0
2 cups, 28 g										
The Hyppo banana and grace pop	130	7	1	23	1	19	2	40	0	0
1 pop										
M&M's Peanut M&M's (Package)	250	13	5	30	2	25	5	25	5	0
1 package, 49.3 g										
Total	520	28	6.5	71	5	52	8	175	5	0
Total	1972	71.18	21.801	225.72	22.8	98.91	111.49	2465.5	122.5	1784