Monday, March 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cafe Rio Green Chile Sauce (Medium) 1 serving, 2 oz	40	0		9			1			
Taco Cabana Potato & Egg Breakfast Burrito 1 serving	440	21	7	48	2	2	16	850	250	
Silk Unsweetened Soymilk 36 ml	12	0.6	0.08	0.6	0.15	0.15	1.05	12.75	0	45
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	494	21.65	7.085	57.69	2.15	2.15	18.33	867.75	250	156
Lunch										
Sunkist Cara Cara the Power Orange 46 g	24	0	0	5.7	0.9	4.2	0.3	0	0	75
Daiya Cream Cheese 2 tbsp, 30 g	90	7	4	4	0	0	1	190	0	
B.B. Bakery Energy Bars 1 bar, 76 g	190	3	0	36	4	6	6	150	0	160
Sprouts Farmers Market Trail Mix Raw 1 1/2 x 1/4 cup	210	13.5	2.25	19.5	3	13.5	6	7.5	0	
Total	514	23.5	6.25	65.2	7.9	23.7	13.3	347.5	0	235
Dinner										
Boca Vegan Veggie Burgers 1 burger, 71 g	90	1	0	7	6	1	17	320	0	510
Kroger Chopped Spinach	30	0	0	3	1	1	2	125	0	

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1/3 cup, 81 g										
Kroger Crinkle Cut Carrots	18	0	0	3.5	1	2	0.5	30	0	0
1/2 x 2/3 cup, 42.5 g										
Extra Virgin Olive Oil	239	27	3.728	0	0	0	0	1	0	
2 tbsps										
Parmesan Pasta Sides (no fat or milk added)	480	8	4	82	4	2	18	600	20	
2 x 1 cup										
Total	857	36	7.728	95.5	12	6	37.5	1076	20	510
Snacks/Other										
Endangered Species Chocolate Extreme Dark Chocolate 88%	83	7.9	4.34	6.72	2.37	1.98	1.58	0	0	0
17 g										
Mountain Dew Diet Mountain Dew (Can)	0	0	0	0	0	0	0	50	0	0
1 can, 12 oz										
Kirkland Signature Fish Oil Omega 3	20	2	1	0	0	0	0	0	20	
2 x 1 softgel										
Total	103	9.9	5.34	6.72	2.37	1.98	1.58	50	20	0
Total	**1968**	**91.05**	**26.403**	**225.11**	**24.42**	**33.83**	**70.71**	**2341.25**	**290**	**901**