Wednesday, April 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Light Chocolate Soymilk 1 cup, 240 ml	90	1.5	0	15	2	14	3	80	0	300
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	0	5	180	0	
Smart Balance Buttery Spread Extra Virgin Olive Oil 1 tbsp, 11 g	60	7	2	0	0	0	0	70	0	
Sara Lee 45 Calories & Delightful 100% Multi-Grain Bread 2 slices, 45 g	90	1	0	17	5	1	6	170	0	0
El Pinto Chipotle Salsa 1/4 x 2 tbsp, 8 g	2	0	0	0.5	0	0.25	0	45	0	
Potato & Green Chile Burrito 144 g	296	11.01	4.24	39.81	3.39	1.69	10.16	389.62	59.29	
Smart Balance Buttery Spread Extra Virgin Olive Oil 1 tbsp, 11 g	60	7	2	0	0	0	0	70	0	
Great Value French Vanilla Coffee Creamer 2 1/2 x 1 tbsp, 37.5 ml	75	2.5	0	12.5	0	12.5	0	0	0	87.5
Coffee 12 fl oz	4	0.07	0.007	0.14	0	0	0.43	7	0	167
Total	777	31.08	8.247	110.95	18.39	29.44	24.59	1011.62	59.29	554.5
Lunch										
Trader Joe's Cara Cara Navel Oranges 1 orange, 154 g	80	0	0	19	3	14	1	0	0	250

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Dinner										
Kroger Frozen Peas & Carrots 94 g	66	0		11	3.3	4.4	3.3	27.5	0	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Yellow Sweet Corn (Kernels Cut Off Cob, Frozen) 1/4 cup	36	0.32	0.049	8.53	1	1.38	1.24	1	0	86
Earth Balance Vegan White Cheddar Mac & Cheese 2 1/4 x 2.5 oz, 158 g	585	5.62	0	114.75	4.5	4.5	18	1237.5	0	
Gardein Chipotle Black Bean Burger (85g) 1 burger, 85 g	140	6	0	18	7	2	6	420	0	
Total	946	25.44	1.913	152.28	15.8	12.28	28.54	1686	0	86
Snacks/Other										
Nature Valley Protein Chewy Bars - Peanut, Almond & Dark Chocolate 1 bar, 40 g	190	11	2.5	14	2	8	11	180	0	
Endangered Species Chocolate Dark Chocolate with Deep Forest Mint 17 g	83	7.11	3.95	8.3	1.98	4.74	1.18	0	0	
Dr. Pepper Diet Dr. Pepper Cherry (Can) 1 can, 355 ml	0	0	0	0	0	0	0	65	0	0
Kroger Toasty Peanut Butter Crackers 1 package, 35 g	180	9	2	19	1	4	4	270	0	

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Kirkland Signature Fish Oil Omega 3 1 softgel	10	1	0.5	0	0	0	0	0	10	
Now Foods DHA 500 1 softgel	10	1	0	0	0	0	0	0	0	
Kirkland Signature CoQ10 300mg 2 x 1 softgel	20	2	0	0	0	0	0	0	0	
Total	493	31.11	8.95	41.3	4.98	16.74	16.18	515	10	0
Total	2296	87.63	19.11	323.53	42.17	72.46	70.31	3212.62	69.29	890.5