Sunday, June 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Unsweetened Soymilk 38 ml	13	0.64	0.08	0.64	0.16	0.16	1.12	13.6	0	48
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Tapatio Salsa Picante Hot Sauce 3 x 1 tsp	0	0		0			0	330		
Whole Foods Market Nutritional Yeast 1/2 x 2 tbsp, 7.5 g	30	0.5		3	1.5	1	3.5	5		
Kroger 3 Pepper & Onion Blend 3/4 x 1 cup, 63 g	19	0	0	3.75	0.75	2.25	0.75	7.5	0	
Spicy Veggie Sausage (M) 1 patty	70	3	0	3	1	0	9	230	0	110
Kroger Dark Red Kidney Beans No Salt Added 2 x 1/2 cup, 250 g	240	0	0	40	14	4	14	20	0	0
Ore-Ida Shredded Hash Brown Potatoes 2 x 1 1/4 cups, 170 g	140	0	0	32	4	2	4	4	0	600
Wesson Oil 100% Canola Oil 2 x 1 tbsp, 30 ml	260	28	2	0	0	0	0	0	0	0
Total	774	32.19	2.085	82.48	21.41	9.41	32.65	615.1	0	869
Lunch										
Apricots 1 apricot	17	0.14	0.009	3.89	0.7	3.23	0.49	0	0	91
Follow Your Heart Vegan Ranch Salad Dressing	186	19.95	1.33	1.33	0	0	0	166.25	0	

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1 1/3 x 2 tbsp, 40 g										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Baby Carrots	42	0.16	0.028	9.89	2.2	5.71	0.77	94	0	284
8 large										
Grape Tomatoes	17	0.19	0.044	3.72	1.1	2.49	0.83	5	0	
12 grape										
Walnuts	204	20.34	1.91	4.28	2.1	0.81	4.75	1	0	138
1.1 oz (14 halves)										
Matcha Sencha Green Tea w/lemon	12	0	0	0	0	0	0	0	0	
12 oz										
Total	509	41.12	3.356	29.15	8.5	13.79	9.41	296.25	0	801
Dinner										
TB Hot Sauce	0	0	0	0	0	0	0	180	0	
2 x 1 tbsp										
Avocados	113	10.39	1.507	6.05	4.7	0.47	1.42	5	0	344
2 1/2 oz										
Pictsweet 3 Pepper & Onion Blend	12	0	0	2.5	0.5	1.5	0.5	5	0	0
1/2 x 1 cup, 42 g										
Kroger Frozen Golden Sweet Corn	50	0.5	0	10.5	0.5	2.5	1.5	0	0	0
1/2 x 2/3 cup, 45 g										
Beyond Meat Beef-Free Crumble (Beefy)	60	2.7	0	1.8	0.6	0.6	7.8	204	0	
33 g										
365 Organic Black Beans (No Salt Added)	165	1.5		28.5	10.5	1.5	10.5	15		
1 1/2 x 1/2 cup, 195 g										

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Late July Sublime Multigrain Tortilla Chips	455	21	1.75	59.5	7	0	7	227.5	0	
3 1/2 x 9 chips, 98 g										
Total	855	36.09	3.257	108.85	23.8	6.57	28.72	636.5	0	344
Snacks/Other										
Total	**2138**	**109.4**	**8.698**	**220.48**	**53.71**	**29.77**	**70.78**	**1547.85**	**0**	**2014**