Tuesday, March 6, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ocean Spray Diet Cranberry Spray Juice 1 cup, 240 ml	5	0		2	0	2	0	50	0	
Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Beachbody Shakeology - Vegan Tropical Strawberry 1 scoop, 42 g	160	2	0	21	4	9	16	190	0	
Total	197	2.4	0.012	30.34	8	13.72	16.74	241	0	93
Lunch										
Italian Salad Dressing 1 tbsp	43	4.17	0.658	1.53	0	1.22	0.06	243	0	7
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Dickey's Barbecue Burger 1 burger, 246 g	640	32	11	39	3	5	47	640	120	
Archer Farms Garlic Aioli 1 tbsp, 14 g	100	10	1.5	1			0	90	10	
Total	794	46.28	13.173	43.85	3.8	7.55	47.61	988	130	127
Dinner										
Snacks/Other										
Total	991	48.68	13.185	74.19	11.8	21.27	64.35	1229	130	220