Thursday, September 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nectarines 1 fruit (2-1/2" dia)	60	0.44	0.034	14.35	2.3	10.73	1.44	0	0	273
Broccoli Flower Clusters 2 flowerets	6	0.08	0.012	1.15			0.66	6	0	72
Cauliflower 2 flowerets	6	0.03	0.008	1.38	0.6	0.62	0.51	8	0	79
Baby Carrots 4 medium	14	0.05	0.009	3.3	0.7	1.9	0.26	31	0	95
Cucumber (with Peel) 0.12 cup slices	2	0.01	0.004	0.45	0.1	0.21	0.08	0	0	18
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Total	196	5.69	1.617	21.49	3.7	14.31	16.43	225	212	712
Lunch										
Chicken Wing, (Barbecue Flavored, Glazed, Frozen) 3 pieces	184	11.02	2.889	2.91	0.5	1.77	17.11	535	110	165
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Broccoli Flower Clusters 2 flowerets	6	0.08	0.012	1.15			0.66	6	0	72
Cauliflower 2 flowerets	6	0.03	0.008	1.38	0.6	0.62	0.51	8	0	79
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Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 cup, seedless	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
Baby Carrots 4 medium	14	0.05	0.009	3.3	0.7	1.9	0.26	31	0	95
Total	412	11.78	3.121	61.22	5.9	41.62	20.87	584	110	1097
Dinner										
Green Peas 1/2 cup	59	0.29	0.051	10.48	3.7	4.11	3.93	4	0	177
Sweet Potato 1 5" long	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
Beef Rib Eye (Small End, Trimmed to 0" Fat, Choice Grade) 5 oz	388	31.28	12.758	0	0		24.82	79	96	432
Total	559	31.63	12.832	36.64	7.6	9.54	30.79	155	96	1047
Snacks/Other										
Vanilla Ice Creams 1/2 cup	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
Total	**1312**	**57.02**	**22.459**	**136.34**	**17.7**	**80.75**	**70.61**	**1022**	**450**	**2999**