Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Original Cereal 2 x 1/2 cup, 60 g	120	2	0	50	28	0	4	220	0	200
Bananas 1/2 medium (7" to 7-7/8" long)	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
Snak Club Raw Almonds 1/4 cup, 30 g	180	15	1	6	4	0	6	0	0	
Total	**353**	**17.19**	**1.066**	**69.48**	**33.5**	**7.22**	**10.64**	**221**	**0**	**411**
Lunch										
Salmon 4 oz boneless	166	6.72	1.429	0	0	0	24.52	52	51	480
Full Circle Organic Quinoa 1/4 cup, 43 g	160	2.5	0	29	3	0	6	0	0	
Total	**326**	**9.22**	**1.429**	**29**	**3**	**0**	**30.52**	**52**	**51**	**480**
Dinner										
Trader Joe's Spinach & Cheese Stuffed Mushrooms 2 mushrooms, 72 g	60	4	2.5	3	1	1	5	190	10	
Tuna Sushi 1 piece	46	0.12	0.03	9.16	0.2	1.9	1.94	181	2	
Southern Tsunami Sushi Bar Spicy Tuna Roll 1 roll (8 pieces), 347 g	290	11		26	3.5		24			
California Rolls 1 piece	33	0.12	0.022	6.31	0.2	1.3	1.38	58	4	
Total	**429**	**15.24**	**2.552**	**44.47**	**4.9**	**4.2**	**32.32**	**429**	**16**	

Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**1108**	**41.65**	**5.047**	**142.95**	**41.4**	**11.42**	**73.48**	**702**	**67**	**891**