Saturday, March 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	55	0.13	0.043	14.48	0.7	12.38	0.58	2	0	153
1/2 cup, seedless										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 g										
Beachbody Shakeology - Strawberry	130	1	0	15	3	7	16	120	5	
1 scoop, 35 g										
Water	0	0	0	0	0	0	0	14	0	
3 cups (8 fl oz)										
So Delicious Coconut Milk Unsweetened	22	2.25	2	1	0.5	0	0	0	0	20
1/2 x 1 cup, 120 ml										
Baby Spinach	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
1 cup										
Total	236	4.25	2.062	34.07	5.9	20.01	19.94	207	5	173
Lunch										
Fage Total 0% Greek Yogurt	8	0	0	0.54	0	0.54	1.38	5.1	0.6	0
14 g										
Trader Joe's Hass Avocado	50	4.5	0.5	3	2	0	0	0	0	150
1/5 medium , 30 g										
Bob's Red Mill Organic 100% Whole Ground Golden Flaxseed Meal	30	2.25	0	2	2	0	1.5	0	0	43
1/4 x 1/4 cup										
Quaker 100% Whole Grain Oatmeal	38	0.75	0.12	6.75	1	0.25	1.25	0	0	
1/4 x 1/2 cup dry, 10 g										

Saturday, March 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bob's Red Mill Almond Meal Flour	80	7	0.5	3	1.5	0.5	3	0	0	
1/2 x 1/4 cup, 14 g										
Nulaid ReddiEgg Real Egg Product	60	0	0	2	0	2	12	200	0	190
2 x 1/4 cup, 120 g										
Zucchini	19	0.21	0.044	3.95	1.3	2.04	1.43	12	0	309
1 small										
Water	0	0	0	0	0	0	0	12	0	
20 fl oz										
Total	285	14.71	1.164	21.24	7.8	5.33	20.56	229.1	0.6	692
Dinner										
Bread, homemade whole wheat flax	110	2.7	0.16	19.52	3.6	3.89	3.85	209	0	119
1 slice										
Sun-Maid California Golden Raisins	8	0	0	1.86	0.12	1.74	0.06	0.6	0	18.6
2 g										
Sweet Onions	9	0.02		2.14	0.3	1.42	0.23	2	0	34
1 oz										
Brown Rice	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
1/4 cup cooked										
Cabbage	75	0.37	0.05	17.41	7.2	11.17	4.49	56	0	768
1/4 head large (about 7" dia)										
Foster Farms Ground Turkey Breast	120	1.5	0	0	0	0	28	65	45	
4 oz, 112 g										
Water	0	0	0	0	0	0	0	12	0	
20 fl oz										
Total	376	5.02	0.297	52.04	12.12	18.39	37.88	491.6	45	960.6

Saturday, March 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Banana oatmeal raisin cookies 2 servings	122	1.54	0.292	23.88	3.1	6.53	4.08	4	0	221
Next Organics Dried Coconut 1 1/2 x 65 pieces, 60 g	224	27	24	10.5	7.5	3	3	13.5	0	
Trader Joe's Granny Smith Dried Apple Rings 2 x 12 whole rings, 80 g	240	0	0	60	6	44	2	0	0	
Total	586	28.54	24.292	94.38	16.6	53.53	9.08	17.5	0	221
Total	**1483**	**52.52**	**27.815**	**201.73**	**42.42**	**97.26**	**87.46**	**945.2**	**50.6**	**2046.6**