Sunday, October 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Alasko Organic Dark Sweet Cherries 1 cup, 140 g	90	0	0	22	2	18	2	0	0	0
100% Maple Syrup 1 tbsp	52	0.04	0.007	13.42	0	11.9	0	2	0	41
Fage Total 0% Greek Yogurt 1/2 x 1 cup, 113.5 g	65	0	0	4.5	0	4.5	11.5	42.5	5	0
So Delicious Coconut Milk Unsweetened 3/4 x 1 cup, 180 ml	34	3.38	3	1.5	0.75	0	0	0	0	30
Trader Joe's Roasted & Unsalted Pistachios 1/4 x 1/4 cup, 8 g	42	3.25	0.38	2	0.75	0.5	1.5	2.5	0	
Beachbody Shakeology - Chocolate 1/2 x 1 scoop, 21 g	80	1	0.5	8.5	3	3	8.5	75	0	
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Beachbody Shakeology - Strawberry 1/2 x 1 scoop, 17.5 g	65	0.5	0	7.5	1.5	3.5	8	60	2.5	
Total	**435**	**8.29**	**3.906**	**60.51**	**8.7**	**41.53**	**32.36**	**206**	**7.5**	**71**
Lunch										
Chicken Curry 1/2 chicken breast with sauce	160	8.6	1.752	6.11	1.2	2.67	14.8	624	45	321
Baby Spinach 2 cups	14	0.23	0.038	2.18	1.3	0.25	1.72	47	0	
Water 20 fl oz	0	0	0	0	0	0	0	12	0	

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Total	174	8.83	1.79	8.29	2.5	2.92	16.52	683	45	321
Dinner										
Kirkland Signature Organic Coconut Oil 1/4 x 1 tbsp, 4 g	30	3.5	3	0	0	0	0	0	0	0
Pompeian Marsala Cooking Wine 2 tbsp, 30 ml	30	0	0	4	0	2	0	190	0	
Pompeian Marsala Cooking Wine 2 tbsp, 30 ml	30	0	0	4	0	2	0	190	0	
Bland Farms Vidalia Sweet Onion 15 g	6	0	0	1.4	0.3	0.5	0.1	1	0	
Mushrooms 1/2 cup pieces or slices	8	0.12	0.018	1.15	0.4	0.58	1.08	2	0	111
Yam 1/2 cup cubed	88	0.13	0.028	20.91	3.1	0.38	1.15	7	0	612
Pork Chops (Top Loin, Boneless, Lean Only) 4 oz	133	2.61	0.803	0	0	0	25.42	209	62	540
Total	325	6.36	3.849	31.46	3.8	5.46	27.75	599	62	1263
Snacks/Other										
Eliot's Adult Nut Butter Honey Chipotle Peanut Butter 1 tbsp , 14 g	80	5	1	5	2	0	3	160	0	
Artisana Raw Organic Coconut Butter 1/4 x 1 tbsp, 4 g	52	5.25	4.5	2	1.25	0.5	0.5	2.5	0	
Arctic Zero Strawberry Frozen Dessert	148	0	0	24	8	20	13.6	320	40	0

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4 x 1/2 cup, 296 g										
Guittard Extra Dark Chocolate Chips	280	20	12	32	8	24	4	18	0	
4 x 30 chips, 60 g										
Trader Joe's Chili Spiced Mango	220	0	0	54	0	42	0	320		
2 x 1/4 cup, 16 oz										
Harvest Snaps Harvest Snaps Black Bean Crisps	360	21	0	45	9	9	12	540	0	750
3 x 1 ounce , 84 g										
Total	1140	51.25	17.5	162	28.25	95.5	33.1	1360.5	40	750
Total	2074	74.73	27.045	262.26	43.25	145.41	109.73	2848.5	154.5	2405