Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fage Total 0% Greek Yogurt 14 g	8	0	0	0.56	0	0.56	1.43	5.27	0	0
Bread, homemade whole wheat flax 1 slice	110	2.7	0.16	19.52	3.6	3.89	3.85	209	0	119
Fresh ground dry roasted almond butter 1/2 x 2 Tbsp. , 14 g	85	7.5	0.5	2.5	1	0.5	3	0	0	
MEDAGLIA D'ORO MEDAGLIA D'ORO INST COF 1 teaspoon, 3 oz	0	0		0			0			
Water 3 cups (8 fl oz)	0	0	0	0	0	0	0	14	0	
Total	203	10.2	0.66	22.58	4.6	4.95	8.28	228.27	0	119
Lunch										
Kirkland Signature Dried Pitted Plums 2 x 5 plums, 3 oz	200	0	0	48	6	24	2	10	0	580
Starbucks Nonfat Iced Latte (Grande) 1 serving, 16 oz	90	0	0	13	0	11	8	105	5	
Trader Joe's Seasoned Kale Chips 2 x 1/2 package, 56 g	240	14	2	24	4	4	8	360	0	
Trader Joe's Natural Turkey Jerky 2 x 1 oz, 56 g	120	0	0	12	0	10	22	540	20	
Water 20 fl oz	0	0	0	0	0	0	0	12	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	650	14	2	97	10	49	40	1027	25	580
Dinner										
suzies whole grain thin cakes 2 x 3 cakes, 26 g	76	0		16	2	0	3	22	0	
Water 20 fl oz	0	0	0	0	0	0	0	12	0	
Chicken Cacciatore Bake 1 serving	284	3.66	1.226	48.71	8.5	8.4	15.92	280	16	322
Cauliflower Gratin 1 serving	187	12.12	6.955	12.4	2.9	2.57	8.71	267	30	261
Total	547	15.78	8.181	77.11	13.4	10.97	27.63	581	46	583
Snacks/Other										
Hershey's Special Dark Syrup 1/2 x 1 tbsp, 9.5 g	50	0	0	12	0.5	10	0.5	15	0	
Dreyer's Slow Churned Rich & Creamy Coffee Ice Cream 2 x 1/2 cup	200	7	4	30	0	22	6	90	40	
Dreyer's Slow Churned Rich & Creamy Coffee Ice Cream 2 x 1/2 cup	200	7	4	30	0	22	6	90	40	
Hershey's Special Dark Syrup 1/2 x 1 tbsp, 9.5 g	50	0	0	12	0.5	10	0.5	15	0	
Pumpkin Spice Energy Bars 1 serving	170	5.66	2.184	26.83	2	15.37	3.77	66	0	21
Total	670	19.66	10.184	110.83	3	79.37	16.77	276	80	21
Total	**2070**	**59.64**	**21.025**	**307.52**	**31**	**144.29**	**92.68**	**2112.27**	**151**	**1303**