Thursday, August 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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	
Dave's Killer Bread Cinnamon Raisin Remix Bagel 1/2 x 1 bagel, 47.5 g	125	1.25	0	24.5	1.5	5.5	5.5	195	0	
Total	210	8.75	0.5	27	2.5	6	8.5	195	0	
Lunch										
Mt. Olive Sliced Pepperoncini 15 slices, 1 oz	10	0		1	0	0	0	450	0	
Trader Joe's Edamame Hummus 1/2 x 2 tbsp, 0.5 oz	45	4	0.5	1.5	0.25	0	1	45	0	
Dole Sunflower Crunch Chopped Salad Kit 1/2 x 1 1/2 cups, 50 g	90	6.5	1	7	1	4.5	2	57.5	2.5	
Private Selection Cracked Pepper Turkey Breast 1/2 x 3 slices, 29.5 g	30	0.25	0	0.5		0.5	5.5	225	15	
Red Tomatoes 2 medium whole (2-3/5" dia)	44	0.49	0.113	9.64	3	6.47	2.16	12	0	583
Water 20 fl oz	0	0	0	0	0	0	0	12	0	
Basil 2 tbsps	1	0.03	0.002	0.23	0.2	0.02	0.13	0	0	24
Private Selection Black Forest Ham 2 slices, 2 oz	70	2	1	1	0	1	10	580	30	
Trader Joe's Jicama Sticks	30	0	0	7	4	2	1	0	0	130

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7 sticks, 3 oz										
Dave's Killer Bread Seeded Honey Wheat	220	2		46	10	10	10	320	0	180
2 x 1 slice, 84 g										
Biena Chickpea Snacks - Sea Salt	260	8	0	36	12	0	12	320	0	
2 x 1/4 cup, 56 g										
Total	800	23.27	2.615	109.87	30.45	24.49	43.79	2021.5	47.5	917
Dinner										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
1 cup, seedless										
Chicken Breast (Skin Not Eaten)	123	2.66	0.751	0	0	0	23.07	297	63	191
1/2 small (yield after cooking, bone and skin removed)										
Trader Joe's Dry Roasted Unsalted Almonds	170	15	1	5	4	1	7	0	0	
1/4 cup, 30 g										
Watermelon	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
2 cups diced										
Total	494	18.38	1.886	56.91	6.6	44.62	33.07	303	63	837
Snacks/Other										
Halo Top Creamery Mint Chip Ice Cream	240	8	4	56	20	16	24	460	164	
4 x 2/3 cup, 340 g										
Blue Orchard Smackers Pineapple & Nut Clusters	300	17.5	2.5	40	10	22.5	5	250	0	
2 1/2 x 1 ounce , 70 g										
Total	540	25.5	6.5	96	30	38.5	29	710	164	

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Total	2044	75.9	11.501	289.78	69.55	113.61	114.36	3229.5	274.5	1754