Wednesday, April 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Torani Sugar Free Vanilla Syrup 1/2 x 2 tbsp, 0.5 oz	0	0		0	0	0	0	2.5	0	
2% Fat Milk 3 fl oz	46	1.8	1.15	4.28	0	4.63	3.02	38	7	137
Truvia Sweetener (Packet) 1 packet, 3.5 g	0	0	0	0	0	0	0	0	0	0
Espresso Coffee 2 espresso cups (2 fl oz)	2	0.21	0.109	0	0	0	0.14	17	0	136
Total	48	2.01	1.259	4.28	0	4.63	3.16	57.5	7	273
Lunch										
Dry Roasted Cashew Nuts (with Salt Added) 1 oz	163	13.14	2.596	9.27	0.9	1.42	4.34	181	0	160
Dinner										
Cooked Spinach (from Fresh) 1 cup fresh	74	4.16	0.767	6.81	4.3	0.78	5.33	527	0	836
Beef T-Bone Steak (Trimmed to 1/4" Fat) 6 oz	361	24.34	9.468	0	0	0	32.98	92	94	480
Papa John's Blue Cheese Dipping Sauce 1 cup, 28 g	160	16	3.5	1	0	1	1	250	20	
Total	595	44.5	13.735	7.81	4.3	1.78	39.31	869	114	1316
Snacks/Other										
Roasted Salted Cashew Nuts	329	27.09	4.807	17.1	1.9	2.84	9.55	175	0	358

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2 oz (18 kernels)										
Total	**1135**	**86.74**	**22.397**	**38.46**	**7.1**	**10.67**	**56.36**	**1282.5**	**121**	**2107**