Wednesday, June 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Mashed Cauliflower 1 cup	142	10.45	2.274	8.94	3.4	5.55	4.77	825	4	
Cooked Brussels Sprouts (Fat Added in Cooking) 1 cup	88	4.43	0.849	11.06	4	2.69	3.95	430	0	490
Trader Joe's Chicken Piccata 1/3 package, 150 g	380	22	8	13	1	1	32	730	95	
Total	610	36.88	11.123	33	8.4	9.24	40.72	1985	99	490
Snacks/Other										
Barefoot Chardonnay 10 1/2 x 1 serving, 42 oz	976	0	0	31.5	0	0	0	0	0	0
Mozzarella Cheese (Whole Milk) 2 oz	170	12.67	7.457	1.24	0	0.58	12.57	356	45	43
Salami 1 slice (4" dia x 1/8" thick)	58	4.63	1.861	0.52	0	0	3.2	245	15	46
Prosciutto 1 thin slice	18	0.77	0.256	0.03	0	0	2.56	248	6	47
Total	1222	18.07	9.574	33.29	0	0.58	18.33	849	66	136
Total	**1832**	**54.95**	**20.697**	**66.29**	**8.4**	**9.82**	**59.05**	**2834**	**165**	**626**