Friday, April 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Steviva Brands Steviva 2 x 1 g, 2 g	0	0	0	0	0	0	0	0	0	0
Cocoa Special Dark 1 tbsp, 5 g	10	0.5	0	3	1	0	1	65	0	
Bulletproof Upgraded MCT Oil 1 tbsp, 15 ml	128	14	14	0			0			
Kerrygold Unsalted Pure Irish Butter 2 x 1 tbsp, 28 g	200	24	16	0	0	0	0	0	60	
Coffee (Brewed From Grounds) 12 oz	3	0.07	0.007	0	0	0	0.41	7	0	167
Cinnamon 1/2 tsp	3	0.04	0.007	0.92	0.6	0.02	0.04	0	0	6
Total	344	38.61	30.014	3.92	1.6	0.02	1.45	72	60	173
Lunch										
Butter (Salted) 2 tbsps	204	23.04	14.589	0.02	0	0.02	0.24	164	61	7
Wild Planet Wild Sardines in Extra Virgin Olive Oil 2 x 1 can, 170 g	220	16	3	0	0	0	20	520	50	
Baked Winter Type Squash 225 g	162	4.46	0.967	31.7	5.8	20.05	1.84	412	0	947
Total	586	43.5	18.556	31.72	5.8	20.07	22.08	1096	111	954
Dinner										
Bob's Red Mill Unsweetened Shredded Coconut 50 g	333	33.33	30	13.33	6.67	3.33	3.33	16.66	0	

Friday, April 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Eating Right Peeled Baby-cut Carrots	70	0	0	16	4	10	2	130	0	540
2 x 3 oz, 170 g										
Total	403	33.33	30	29.33	10.67	13.33	5.33	146.66	0	540
Snacks/Other										
Steviva Brands Steviva	0	0	0	0	0	0	0	0	0	0
2 x 1 g, 2 g										
Cocoa Special Dark	10	0.5	0	3	1	0	1	65	0	
1 tbsp, 5 g										
Bulletproof Upgraded MCT Oil	128	14	14	0			0			
1 tbsp, 15 ml										
Kerrygold Unsalted Pure Irish Butter	200	24	16	0	0	0	0	0	60	
2 x 1 tbsp, 28 g										
Coffee (Brewed From Grounds)	3	0.07	0.007	0	0	0	0.41	7	0	167
12 oz										
Cinnamon	3	0.04	0.007	0.92	0.6	0.02	0.04	0	0	6
1/2 tsp										
Total	344	38.61	30.014	3.92	1.6	0.02	1.45	72	60	173
Total	**1677**	**154.05**	**108.584**	**68.89**	**19.67**	**33.44**	**30.31**	**1386.66**	**231**	**1840**