Monday, November 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chobani Nonfat Peach Greek Yogurt 6 oz, 170 g	140	0	0	21	0	17	13	60	5	
Trader Joe's Steel Cut Organic Oats 1/4 x 1/4 cup uncooked, 10 g	38	0.75	0	6.75	1	0.25	1.25	0	0	
Total	178	0.75	0	27.75	1	17.25	14.25	60	5	
Lunch										
Pineapple 1 cup diced	74	0.19	0.014	19.58	2.2	14.35	0.84	2	0	178
Trader Joe's Very Green 100% Juice Smoothie 1 bottle, 16 oz	130	0	0	31	0	28	1	70	0	280
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	167
Total	331	0.31	0.033	58.67	2.9	48.48	24.7	166	0	895
Dinner										
Snacks/Other										
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Trader Joe's Veggie Sticks Potato Snacks	140	7	0.5	18	1	0	1	300	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)
50 sticks, 1 oz										
Total	317	7.62	0.671	64.01	7.4	28.77	2.65	302	0	570
Total	**826**	**8.68**	**0.704**	**150.43**	**11.3**	**94.5**	**41.6**	**528**	**5**	**1465**