Thursday, October 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Essential Everyday blueberries frozen	47	0	0	11.39	2.68	8.04	0.34	0	0	
2/3 x 1 cup, 94 g										
Bob's Red Mill Natural Raw Wheat Germ	60	1.5	0	9	2	2	4	0	0	
2 tbsp, 11 g										
Bob's Red Mill Flaxseed Meal	120	7	0	8	8	0	6	10	0	
2 x 2 tbsp, 26 g										
Bob's Red Mill Unsweetened Flaked Coconut	100	10	9	4	2	1	1	5	0	
1/4 cup, 15 g										
Lucerne Nonfat Greek Yogurt - Plain	98	0	0	10	0	8	14	98	15	0
6 oz, 170 g										
Kraft Cool Whip	38	2.25	2.25	3	0	1.5	0	0	0	
1 1/2 x 2 tbsp, 13.5 g										
Total	463	20.75	11.25	45.39	14.68	20.54	25.34	113	15	0
Lunch										
pink salmon (canned)	315	17.5	3.5	0	0	0	42	945	140	
3 1/2 x 1/4, 220.5 g										
Philadelphia Whipped Chive Cream Cheese	100	10	6	2	0	2	2	220	30	
2 x 2 tbsp, 44 g										
Flatout Light Italian Herb Flatbread	90	2.5	0	16	9	0	9	210	0	
1 flatbread, 42 g										
Total	505	30	9.5	18	9	2	53	1375	170	
Dinner										

Thursday, October 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Canola Oil 1/2 x 1 tbsp, 7 g	60	7	0.5	0	0	0	0	0	0	0
Bumble Bee Jack Mackerel 2 x 1/4 cup, 112 g	180	8	3	0	0	0	26	560	110	0
Near East Rosemary & Olive Oil Quinoa Blend 1 cup prepared, 70 g	280	4.5	0.5	54	4	1	8	410	0	0
Total	520	19.5	4	54	4	1	34	970	110	0
Snacks/Other										
Musselman's Natural Unsweetened Apple Sauce 1/2 cup, 112 g	50	0	0	13	2	8	0	10	0	0
Trader Joe's coconut strips lightly sweetened 1/4 cup, 40 g	200	10	9	25	5	18	0.5	15	0	
Total	250	10	9	38	7	26	0.5	25	0	0
Total	**1738**	**80.25**	**33.75**	**155.39**	**34.68**	**49.54**	**112.84**	**2483**	**295**	**0**