Thursday, May 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Raspberries	59	0.74	0.022	13.54	7.4	5.01	1.36	1	0	171
4 oz										
Bob's Red Mill Flaxseed Meal	180	10.5	0	12	12	0	9	15	0	
3 x 2 tbsp, 39 g										
Bob's Red Mill Unsweetened Flaked Coconut	100	10	9	4	2	1	1	5	0	
1/4 cup, 15 g										
Cabot Greek-Style Yogurt - Plain	232	16.5	10.5	9	0	3.75	12	82.5	56.25	
3/4 x 1 cup, 170 g										
Total	571	37.74	19.522	38.54	21.4	9.76	23.36	103.5	56.25	171
Lunch										
Trader Joe's Dijon Mustard with White Wine	5	0	0	0.5	0	0	0	105	0	
1 tsp, 5 g										
Sargento Sliced Pepper Jack Cheese	160	12	8	0	0	0	8	280	40	0
2 x 1 slice, 42 g										
Hillshire Farm Deli Select Ultra Thin Smoked Ham	120	3	1	2	0	2	18	1340	60	
2 x 2 oz, 112 g										
Flatout Light Garden Spinach Flatout Wrap	90	2.5	0	15	9	0	9	430	0	
1 flatbread, 53 g										
Total	375	17.5	9	17.5	9	2	35	2155	100	0
Dinner										
Hidden Valley Ranch Dry Dips Mix	5	0		1	0	0	0	135	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)
1/2 tsp, 1.8 g										
Daisy Sour Cream	180	15	10.5	3	0	3	3	45	60	
3 x 2 tbsp, 90 g										
Trader Joe's Broccoli & Cauliflower Duet	50	0	0	8	4	4	4	50	0	
2 x 3 oz, 170 g										
Fried Pork	357	23.78	8.69	0	0	0	33.33	485	102	520
6 oz boneless (yield after cooking)										
Total	592	38.78	19.19	12	4	7	40.33	715	162	520
Snacks/Other										
Trader Joe's Mesquite Smoked Seasoned Almonds	180	16	1	5	3	1	6	170	0	
1/4 cup, 30 g										
Sun Brand Tamarind Candy	240	0	0	60	4	52	0	160	0	
4 x 5 pieces, 112 g										
Grapes	86	0.2	0.068	22.62	1.1	19.35	0.9	2	0	239
25 seedless										
Total	506	16.2	1.068	87.62	8.1	72.35	6.9	332	0	239
Total	**2044**	**110.22**	**48.78**	**155.66**	**42.5**	**91.11**	**105.59**	**3305.5**	**318.25**	**930**