Sunday, February 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Essential Everyday frozen blackberries 2/3 x 1 cup, 94 g	60	0	0	14.74	4.69	10.05	1.34	0	0	
Kraft Cool Whip 1 1/2 x 2 tbsp, 13.5 g	38	2.25	2.25	3	0	1.5	0	0	0	
Lucerne Nonfat Greek Yogurt - Plain 6 oz, 170 g	98	0	0	10	0	8	14	98	15	0
Bob's Red Mill Unsweetened Flaked Coconut 1/4 cup, 15 g	100	10	9	4	2	1	1	5	0	
Bob's Red Mill Flaxseed Meal 2 x 2 tbsp, 26 g	120	7	0	8	8	0	6	10	0	
Bob's Red Mill Natural Raw Wheat Germ 2 tbsp, 11 g	60	1.5	0	9	2	2	4	0	0	
Total	476	20.75	11.25	48.74	16.69	22.55	26.34	113	15	0
Lunch										
Musselman's Natural Unsweetened Apple Sauce 1/2 cup, 112 g	50	0	0	13	2	8	0	10	0	0
Bacon 4 medium slices (yield after cooking)	173	13.37	4.396	0.46	0	0	11.85	739	35	181
velveeta cheese slices 3 x 1 slice, 63 g	120	6	3	9	0	6	9	960	30	
Onions 2 tbsps chopped	8	0.02	0.005	2.02	0.3	0.86	0.18	1	0	29
Mushrooms 4 oz	25	0.39	0.057	3.72	1.1	1.87	3.5	6	0	361

Sunday, February 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	**523**	**29.72**	**10.557**	**28.97**	**3.4**	**17.5**	**37.11**	**1856**	**488**	**705**
Dinner										
Brown Sugar 3 tsps packed	52	0	0	13.43	0	13.28	0	5	0	48
Pork Roast (Lean and Fat Eaten) 10 1/2 oz, boneless, raw (yield after cooking)	545	32.1	11.77	0	0	0	59.38	639	181	895
Butter (Salted) 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	41	15	2
Acorn Winter Squash 1 squash (4 inch dia)	172	0.43	0.091	44.91	6.5		3.45	13	0	1496
Total	**820**	**38.29**	**15.508**	**58.34**	**6.5**	**13.28**	**62.89**	**698**	**196**	**2441**
Snacks/Other										
Kraft Cool Whip 3 x 2 tbsp, 27 g	75	4.5	4.5	6	0	3	0	0	0	
Strawberries 2 extra large (1-5/8" dia)	17	0.16	0.008	4.15	1.1	2.52	0.36	1	0	83
Strawberries 5 large (1-3/8" dia)	29	0.27	0.014	6.91	1.8	4.19	0.6	1	0	138
Blueberries 3/4 cup	62	0.36	0.03	15.76	2.6	10.83	0.8	1	0	84
Trader Joe's Crystallized Candied Ginger 2 x 17 pieces, 80 g	280	0	0	70	2	54	0	20	0	
Total	**463**	**5.29**	**4.552**	**102.82**	**7.5**	**74.54**	**1.76**	**23**	**0**	**305**

Sunday, February 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2282	94.05	41.867	238.87	34.09	127.87	128.1	2690	699	3451