

Thursday, September 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bob's Red Mill Natural Raw Wheat Germ	60	1.5	0	9	2	2	4	0	0	
2 tbsp, 11 g										
Blueberries	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
1 cup										
Kraft Cool Whip	38	2.25	2.25	3	0	1.5	0	0	0	
1 1/2 x 2 tbsp, 13.5 g										
Bob's Red Mill Unsweetened Flaked Coconut	100	10	9	4	2	1	1	5	0	
1/4 cup, 15 g										
Bob's Red Mill Flaxseed Meal	120	7	0	8	8	0	6	10	0	
2 x 2 tbsp, 26 g										
Lucerne Nonfat Greek Yogurt - Plain	98	0	0	10	0	8	14	98	15	0
6 oz, 170 g										
Total	499	21.23	11.291	55.01	15.5	26.94	26.07	114	15	112
Lunch										
KFC Green Beans	25	0	0	4	2	1	1	260	0	
1 serving										
KFC Grilled Chicken DRUMSTICK	90	4	1	0	0	0	13	290	60	
1 drumstick										
KFC Grilled Chicken Breast	220	7	2	0	0	0	40	730	135	
1 breast, 114 g										
Total	335	11	3	4	2	1	54	1280	195	
Dinner										
Asian blend salad toppers	70	5	0	6	0	4	2	30	0	

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2 x 1 tbsp, 14 g										
Ken's Steak House Lite Northern Italian	45	4.5	1	1	0	1	0	260	0	
2 tbsp, 30 g										
Great Value 100% Parmesan Grated Cheese	40	3	2	0	0	0	4	170	10	0
2 x 2 tsp, 10 g										
Fresh Express Garden Salad	30	0	0	8	2	4	2	40	0	0
2 x 2 cups, 170 g										
Trader Joe's Spanish Manzanilla Olives with Pimientos	50	4	1	0	0	0	0	420	0	
2 x 4 olives, 28 g										
Great Value Medium Black Olives	50	5	0	2	0	0	0	230	0	0
2 x 5 olives, 30 g										
Beef Steak	357	21.28	8.331	0	0	0	38.68	529	116	432
5 oz boneless, cooked										
Total	642	42.78	12.331	17	2	9	46.68	1679	126	432
Snacks/Other										
Fresh Gourmet Crispy Onions Lightly Salted	280	17.5	0	28	0	0	0	245	0	
7 x 1 1/2 tbsp, 49 g										
Grapes	86	0.2	0.068	22.62	1.1	19.35	0.9	2	0	239
25 seedless										
Peach	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
Total	427	18.09	0.098	65.6	3.5	32.52	2.33	247	0	537
Total	1903	93.1	26.72	141.61	23	69.46	129.08	3320	336	1081