Thursday, January 19, 2017

	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 Flaxseed Meal 3 x 2 tbsp, 39 g	180	10.5	0	12	12	0	9	15	0	
Bob's Red Mill Unsweetened Flaked Coconut 1/4 cup, 15 g	100	10	9	4	2	1	1	5	0	
Raspberries 3/4 cup	48	0.6	0.018	11.01	6	4.08	1.11	1	0	139
Cabot Greek-Style Yogurt - Plain 3/4 x 1 cup, 170 g	232	16.5	10.5	9	0	3.75	12	82.5	56.25	
Total	560	37.6	19.518	36.01	20	8.83	23.11	103.5	56.25	139
Lunch										
Blueberries 1 cup	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
Flatout Light Italian Herb Flatbread 1 flatbread, 42 g	90	1.5	0	14	0	0	9	250	0	
Sargento Natural Pepper Jack Cheese 2 x 1 slice, 42 g	160	12	8	0	0	0	8	280	40	0
Hillshire Farm Black Forest Ham 2 x 2 slices, 112 g	120	5	2	4		2	16	1060	50	
Total	453	18.98	10.041	39.01	3.5	16.44	34.07	1591	90	112
Dinner										
Pork Posole 1 1/2 servings	452	21.92	7.641	19.84	2.5	0.33	40.86	662	117	615

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King's Hawaiian Original Hawaiian Sweet Rolls	270	7.5	4.5	48	3	15	9	255	45	0
3 x 1 roll, 84 g										
Total	722	29.42	12.141	67.84	5.5	15.33	49.86	917	162	615

Snacks/Other

Total	1735	86	41.7	142.86	29	40.6	107.04	2611.5	308.25	866