Sunday, June 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Berries 1/2 cup	24	0.22	0.012	5.75	1.5	3.51	0.49	1	0	108
Maple Syrup 1 tbsp	52	0.04	0.007	13.42	0	11.9	0	2	0	41
Plain Waffles 2 round (7" dia)	436	21.15	4.299	49.35			11.85	766	104	238
Whipping Cream 1 tbsp	52	5.55	3.455	0.42	0	0.02	0.31	6	21	11
Clover Honey 1 tbsp	60	0	0	16.23	0	16.18	0.06	1	0	
Coffee 8 fl oz	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	626	27.01	7.778	85.26	1.5	31.61	12.99	781	125	509
Lunch										
Hellmann's Light Mayonnaise 1 tbsp, 15 g	35	3.5	0.5	1	0	0	0	125	5	
Bimbo Pan Blanco Chico 2 slices, 41 g	120	1	0	26	3	3	3	330	5	
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Tomatoes 1/2 small whole (2-2/5" dia)	8	0.09	0.021	1.78	0.5	1.2	0.4	2	0	108
Total	293	16.59	2.521	34.78	8.5	4.2	4.4	462	10	488
Dinner										
Kroger Homestyle Turkey Gravy	12	0.5	0	1.5	0	0	0.5	200	1	0

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1/2 x 1/4 cup, 30 g										
Cranberry Sauce (Sweetened, Canned)	43	0.04	0.004	11.03	0.3	10.74	0.06	8	0	7
1 oz										
Butterball Boneless Turkey Breast Roast	110	3	1	1	0	1	21	500	45	
4 oz, 112 g										
Green String Beans	17	0.07	0.014	3.92	1.9	0.77	1	3	0	115
1/2 cup										
Mashed Potato (from Fresh)	128	7.31	1.675	13.88	1	2.35	2.22	412	3	252
1/2 cup										
Bread Stuffing	176	8.42	1.639	21.8	0.9	2.35	3.14	514	0	71
1/2 cup moist type										
Total	486	19.34	4.332	53.13	4.1	17.21	27.92	1637	49	445
Snacks/Other										
On The Border Chips and Salsa	215	11	2	26	2.5	0	2.5	230	0	
1/2 x 1 basket										
Red Robin Gold Margarita - Rocks	192	0		22	2	18	0	1115		
1 serving, 359 g										
Total	407	11	2	48	4.5	18	2.5	1345	0	
Total	1812	73.94	16.631	221.17	18.6	71.02	47.81	4225	184	1442