Monday, September 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pistachio Nuts 1/4 oz (49 kernels)	39	3.15	0.386	1.98	0.7	0.54	1.46	0	0	73
Nature Valley Crunchy Granola Bars - Oats 'N Honey 3 x 1 bar, 63 g	270	9	0	45	3	18	6	240	0	
Blackberries 1/4 cup	15	0.18	0.005	3.46	1.9	1.76	0.5	0	0	58
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage 1/2 x 1 cup, 4 oz	15	1.25	0	0.5	0.5	0	0.5	90	0	85
Splenda No Calorie Sweetener Packets 2 x 1 packet, 2 g	0	0		1.8	0	0	0	0	0	
Great Value Greek Nonfat Yogurt - Plain 3/4 x 1 cup, 170 g	90	0	0	6.75	0	6.75	17.25	86.25	7.5	
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	431	13.63	0.396	59.49	6.1	27.05	25.99	421.25	7.5	332
Lunch										
Peterson Farms Dried Cherries 1/4 x 1/4 cup	38	0	0	9.25	0.5	6.75	0.25	0	0	0
Diamond of California Chopped Walnuts 1/4 x 1/4 cup, 8 g	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
Gordon Biersch Olive Lemon Vinaigrette 1 fl oz	90	10		0	0	0	0	65	0	

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Cooked Salmon	197	6.11	1.497	0	0	0	33.3	82	78	616
1 medium salmon steak (5/8" thick)										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Total	394	21.37	2.039	13.77	3.2	7.97	36.47	179	78	968.5
Dinner										
Boulder Sausage Fresh Chorizo Sausage	170	13	5	1	0		11	350	35	
2.5 oz, 70 g										
Wegmans Baby Zucchini Squash	20	0		4	1	2	1	0	0	
1/2 cup, 2 oz										
Cherry Tomatoes	27	0.3	0.069	5.84	1.8	3.92	1.31	7	0	
1 cup										
Cooked Cauliflower (Fat Not Added in Cooking)	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
1 cup										
Total	257	13.97	5.174	17.97	7.7	8.22	16.46	868	35	252
Snacks/Other										
Dried Papaya	119	0.43	0.131	29.89	5.5	17.97	1.86	9	0	783
2 strips										
Truffles	64	4.25	2.249	5.68	0.3	4.85	0.79	10	7	38
1 piece										
Total	183	4.68	2.38	35.57	5.8	22.82	2.65	19	7	821
Total	**1265**	**53.65**	**9.989**	**126.8**	**22.8**	**66.06**	**81.57**	**1487.25**	**127.5**	**2373.5**