Thursday, May 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Deli Select Lower Sodium Honey Ham 2 x 5 slices, 112 g	160	3	2	10	0	8	20	900	60	
Chocolate Almond Brownie Lean Protein & Fiber Bar 1 1/4 x 1 bar, 50 g	188	7.5	2.5	23.75	6.25	6.25	12.5	200	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Total	574	13.76	4.641	63.09	10.35	29.85	53.34	1564	60	1084
Lunch										
Baked Beans 1/2 cup	191	6.51	2.464	27.06	7		7.01	534	6	453
Baked Potato (Peel Eaten) 1 cup	138	2.79	0.537	26.07	2.7	1.45	3.09	298	0	659
Chicken Thigh 2 medium (yield after cooking, bone removed)	304	19.05	5.324	0	0	0	30.81	503	114	273
Total	633	28.35	8.325	53.13	9.7	1.45	40.91	1335	120	1385
Dinner										
Zesty Italian Dressing	180	16	2	10	0	8	0	1100	0	

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2 x 2 tbsp, 62 g										
Chicken Thigh	152	9.52	2.662	0	0	0	15.41	252	57	136
1 medium (yield after cooking, bone removed)										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Celery	26	0.32	0.08	5.52	3	3.4	1.28	149	0	484
3 stalks large (11"-12" long)										
Carrots	89	0.52	0.08	20.69	6	9.81	2.01	149	0	691
3 large (7-1/4" to 8-1/2" long)										
Garbanzo Beans	369	6.12	0.634	61.46	17.6	10.84	19.56	498	0	
1 1/4 cups										
Total	838	32.73	5.513	102.49	28.1	35.28	39.34	2154	57	1603

Snacks/Other

Total	2045	74.84	18.479	218.71	48.15	66.58	133.59	5053	237	4072