Sunday, February 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Fleur de Sel Caramel Sauce	80	2.5	1.5	15	1	12	0	75	5	
1 tbsp, 19 g										
Sunny Select Yellow Cling Diced Peaches in light syrup	80	0	0	19	1	18	0	15	0	30
1 bowl, 113 g										
Milk (1% Lowfat with Added Vitamin A)	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Total	211	3.68	2.272	40.09	2	36.34	4.11	144	11	213
Lunch										
Welpac Edamame Soybeans in Pod	75	2.25	0.38	6.75	2.25	0.75	6	11.25	0	
3/4 x 1/2 cup, 56 g										
Tiger Thai Tempura Shrimp	139	7.92	1.32	9.24	0.66	0.66	5.94	138.6	33	0
2/3 x 1 piece, 18 g										
Whole Foods Market California Rolls	220	7		26	4	0	18	260	50	
2 x 4 rolls										
Salmon Sushi	95	0.73	0.162	18.01	0.5	3.84	3.69	367	5	
2 pieces										
Pepsi Pepsi (Can)	106	0		26.48	0	26.25	0	0	0	
3/4 x 1 can, 9 oz										
Total	635	17.9	1.862	86.48	7.41	31.5	33.63	776.85	88	0
Dinner										
Moroccan Style Chicken Thighs w Fiber	338	10.8	2.1	25.9	3.1		34.9			
one										

Sunday, February 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Blue Diamond Whole Natural Almonds	480	42	3	18	9	3	18	0	0	630
3 x 24 nuts, 3 oz										
popsicle Fudgsicle Dairy Dessert Bars Original Fudge 2.5 Oz	100	2		17	1		2			
1CT/20 OZ										
Red Lobster Key Lime Pie	580	22	12	88	0	0	0	450	0	
1 slice										
Laughing Cow Mini Babybel Gouda Semisoft Cheese	70	6	4	0	0	0	5	160	20	
1 piece, 21 g										
Alexia Classic French Rolls	110	0	0	20	1	1	4	120	0	
1 roll, 43 g										
Total	1340	72	19	143	11	4	29	730	20	630
Total	**2524**	**104.38**	**25.234**	**295.47**	**23.51**	**71.84**	**101.64**	**1650.85**	**119**	**843**