Friday, September 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Minute Instant Whole Grain Brown Rice 1/2 cup dry, 50 g	180	1.5	0	39	2	0	4	10	0	70
Del Monte Diced Tomatoes 2 x 1/2 cup, 252 g	60	0	0	12	2	6	2	260	0	520
Chicken Breast (Skin Not Eaten) 12 oz boneless (yield after cooking, skin removed)	315	6.8	1.923	0	0	0	59.06	760	161	488
Birds Eye Steamfresh Mixed Vegetables 2 1/2 x 2/3 cup, 220 g	125	0	0	25	5	12.5	5	62.5	0	
Total	680	8.3	1.923	76	9	18.5	70.06	1092.5	161	1078
Dinner										
Trader Joe's Organic Ground Beef (85/15) 179 g	384	27.17	11.19	0	0	0	35.16	87.89	119.85	
Jennie-O Ground Turkey 85/15 90 g	177	13.67	3.22	0	0	0	15.28	76.38	76.38	
Spectrum Organic Virgin Coconut Oil 3 g	26	3	2.57	0	0	0	0	0	0	
Frank's Red Hot Buffalo Wing Sauce 10 ml	0	0	0	0	0	0	0	306.82	0	0
Sweet Potato 1/2 5" long	56	0.03	0.012	13.08	2	2.72	1.02	36	0	219

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Minute Instant Whole Grain Brown Rice	216	1.8	0	46.8	2.4	0	4.8	12	0	84
60 g										
Total	859	45.67	16.992	59.88	4.4	2.72	56.26	519.09	196.23	303
Snacks/Other										
GT's Organic Raw Kombucha (Bottle)	60	0		14		4	0	20		
1 bottle, 480 ml										
Lunch Mate Oven Roasted Carved Turkey	175	1.75	0	10.5	0	7	31.5	1960	70	
3 1/2 x 2 oz, 196 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Kirkland Signature Trail Mix (Package)	300	18	4	26	2	20	9			
1 bag, 57 g										
Total	640	20.14	4.132	77.45	5.1	45.43	41.79	1981	70	422
Total	**2179**	**74.11**	**23.047**	**213.33**	**18.5**	**66.65**	**168.11**	**3592.59**	**427.23**	**1803**