Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil 5 g	43	5	4.28	0	0	0	0	0	0	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Sweet Potato 1/3 5" long	37	0.02	0.008	8.63	1.3	1.79	0.67	24	0	145
Giant Eagle Hot Italian Sausage 113 g	200	16	5.33	1.33	0	0	14.66	613.18	46.66	
Total	427	30.96	12.717	10.73	1.3	2.56	27.91	777.18	469.66	279
Lunch										
Calavo Avocado 3/4 x 1/2 medium avocado, 56 g	98	9	1.5	4.5	3.75	0	0.75	3.75	0	285
Pears 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Hunt's Organic Diced Tomatoes 1/2 cup, 121 g	20	0	0	4	1	4	1	410	0	
Tomato Sauce (Canned) 1 3/4 oz	16	0.12	0.017	3.66	0.7	2.11	0.65	260	0	164
Ortega Diced Green Chiles 2 tbsp, 30 g	5	0		1	0	0.5	0.5	70	0	
Green Peppers 1/4 cup chopped	7	0.06	0.022	1.73	0.6	0.89	0.32	1	0	65
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chicken Breast (Skin Not Eaten)	341	7.36	2.083	0	0	0	63.98	824	175	528
8 oz boneless, cooked (yield after skin removed)										
Total	643	23.74	9.632	40.55	11.15	23.77	67.83	1570.75	175	1240
Dinner										
Chicken Thigh	472	29.57	8.266	0	0	0	47.84	782	177	424
3 1/2 small (yield after cooking, bone removed)										
Sweet Potato	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
1 5" long										
Total	584	29.63	8.289	26.16	3.9	5.43	49.88	854	177	862
Snacks/Other										
Trader Joe's Apple + Mango Fruit Bar	90	0	0	23	2	20	0	20	0	
1 bar, 30 g										
Oatmeal Muffin	157	4.05	1.054	25.42	1	3.99	4.53	287	24	81
1 small										
Ralphs Dried Mango Slices	240	0	0	60	2	46	0	80	0	670
2 x 1 oz, 52 g										
Eating Right Peeled Baby-cut Carrots	35	0	0	8	2	5	1	65	0	270
3 oz, 85 g										
GT's Organic Raw Kombucha Multi-Green	70	0		14	0	4	2	20	0	
2 x 1/2 bottle, 16 oz										
Dry Roasted Almonds (Without Salt Added)	169	14.98	1.147	5.47	3.3	1.39	6.26	0	0	211
1 oz (22 whole kernels)										
Trader Joe's Organic Thompson Seedless Raisins	130	0	0	31	2	29	1	10	0	30

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 40 g										
Total	891	19.03	2.201	166.89	12.3	109.38	14.79	482	24	1262
Total	2545	103.36	32.839	244.33	28.65	141.14	160.41	3683.93	845.66	3643