Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Bacon	216	16.71	5.496	0.57	0	0	14.82	924	44	226
8 thin slices (yield after cooking)										
Total	436	31.62	10.144	1.73	0	1.16	33.69	1134	678	427
Lunch										
Bacon	433	33.42	10.991	1.14	0	0	29.63	1848	88	452
16 thin slices (yield after cooking)										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Green Peppers	15	0.13	0.043	3.46	1.3	1.79	0.64	2	0	130
1/2 cup chopped										
Honeyville Blanched Almond Flour	120	10.5	0.75	4.5	2.25	0.75	4.5	7.5	0	0
3/4 x 1/4 cup, 21 g										
Spectrum Organic Virgin Coconut Oil	30	3.5	3	0	0	0	0	0	0	
1/4 x 1 tbsp, 4 g										
Trader Joe's Organic Ground Beef (85/15)	360	25.5	10.5	0	0	0	33	82.5	112.5	
1 1/2 x 4 oz, 168 g										
Total	1105	82.99	28.383	9.87	3.55	3.31	80.35	2080	623.5	716
Dinner										
Trader Joe's Organic Ground Beef (85/15)	480	34	14	0	0	0	44	110	150	
2 x 4 oz, 224 g										
Muir Glen Pizza Sauce	45	2	0	6	1	3	1	240	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 62 g										
Egg	37	2.48	0.775	0.19	0	0.19	3.14	35	106	34
1/2 large										
Zucchini	10	0.11	0.023	2.08	0.7	1.07	0.75	6	0	162
1/2 cup chopped										
Total	572	38.59	14.798	8.27	1.7	4.26	48.89	391	256	196
Snacks/Other										
GT's Organic Raw Kombucha Multi-Green	35	0		7	0	2	1	10	0	
1/2 bottle, 8 oz										
Hershey's Special Dark Chocolate Sticks	150	8.75	5	17.5		15	0	37.5		
2 1/2 x 1 stick, 27.5 g										
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)										
Total	354	23.73	6.147	29.97	3.3	18.39	7.26	47.5	0	211
Total	**2467**	**176.93**	**59.472**	**49.84**	**8.55**	**27.12**	**170.19**	**3652.5**	**1557.5**	**1550**