

Wednesday, August 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
American Heritage Cheddar Shredded Cheese 20 g	79	6.43	4.28	0.71	0	0	5	128.52	21.42	
Egg Beaters Egg Beaters - Original 56 g	30	0	0	0.92	0	0	5.51	110.16	0	85.37
Total	223	13.93	5.836	18.24	11.2	0.1	16.68	652.68	26.42	109.37
Lunch										
Publix Publix Quinoa Cranberry Spinach Salad 280 g	498	16.8	2.8	67.2	22.4	25.2	22.4	683.2	8.4	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz	140	8	0.5	17	0	0	2	150	0	
Total	688	26.3	3.3	100.2	33.4	25.2	28.4	1163.2	8.4	
Dinner										
Chicken Breast 9 oz boneless, cooked	498	19.7	5.541	0	0	0	75.4	1003	212	620
Kikkoman Teriyaki Sauce 3 x 1 tbsp, 54 g	90	0		18		18	3	1350		

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Total	588	19.7	5.541	18	0	18	78.4	2353	212	620
Snacks/Other										
Fruit Salad	125	1.88	1.423	28.94	3.9	23.69	1.47	12	0	
220 g										
Dove Dark Chocolate Miniatures	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
0.4 x 5 pieces										
Northland Cranberry Raspberry 100% Juice	140	0		34	0	30	0	35	0	180
8 fl oz, 240 ml										
Total	345	6.68	4.223	71.74	5.1	60.49	2.27	47	2	180
Total	1844	66.61	18.9	208.18	49.7	103.79	125.75	4215.88	248.82	909.37