

Friday, August 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel 70 g	180	1.13	0.275	35.35	1.5	3.54	7.01	314	0	52
I Can't Believe It's Not Butter! Light Vegetable Oil Spread 1/2 x 1 tbsp, 7 g	20	2	0.5	0	0	0	0	40	0	
Total	200	3.13	0.775	35.35	1.5	3.54	7.01	354	0	52
Lunch										
Quinoa (Cooked) 3/4 cup cooked	172	2.66	0.271	31.62	2.7	0	6.01	236	0	
Veggie Grill Herb Roasted Veggies 1 bowl, 8 oz	140	7	1.5	17	6	5	3	330	0	
Papouli's Greek Grill Tzatziki Sauce 2 oz, 56 g	80	6	5	4	0	3	2	300	0	
Lemonade 4 fl oz	50	0.05	0.007	12.93	0	12.36	0.09	2	0	19
Total	442	15.71	6.778	65.55	8.7	20.36	11.1	868	0	19
Dinner										
Captain Morgan Original Spiced Rum (1 oz) 2 x 1 serving, 2 oz	120	0	0	0.6	0	0	0	16	0	
Beef Steak 4 oz boneless, cooked	286	17.02	6.665	0	0	0	30.95	423	93	346
Cheese Risotto 1 cup	356	13.12	7.975	44.25	0.6	6.97	14.02	814	40	
Italian Bread	217	2.8	0.684	40	2.2	0.66	7.04	467	0	88

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4 slices, medium										
Total	979	32.94	15.324	84.85	2.8	7.63	52.01	1720	133	434
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Cheetos Crunchy Cheetos	150	10	1.5	13	1	1	2	250	0	
21 pieces, 28.3 g										
Total	320	19	4.5	37	5	15	5	270	0	150
Total	1941	70.78	27.377	222.75	18	46.53	75.12	3212	133	655