

Saturday, August 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters Egg Beaters - Original	29	0	0	0.87	0	0	5.21	104.28	0	80.82
53 g										
American Heritage Cheddar Shredded Cheese	55	4.5	3	0.5	0	0	3.5	90	15	
1/2 x 1/4 cup, 14 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Pesto Sauce	53	5	1.297	0.51	0.2	0.08	1.81	70	4	20
10 g										
Total	187	11	4.297	17.88	11.2	0.08	14.52	594.28	19	100.82
Lunch										
California Pizza Kitchen Roasted Veggie Salad	360	26	2.5	30.5	10.5	13	7	460	0	
1/2 x 1 salad										
Dinner										
Morningstar Farms Chipotle Black Bean Burger	190	7	1	22	8	2	17	540	0	390
1 burger, 120 g										
Thomas' Bagel Thins - Everything	110	1	0	24	5	3	5	190	0	
1 bagel, 46 g										
Tillamook Swiss Cheese Deli Sliced	80	6	4	1	0	0	7	45	20	
1 slice, 21 g										
Hellmann's Mayonnaise with Extra Virgin Olive Oil	60	6	1	0.5	0	0	0	120	5	
1 tbsp, 14 g										

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Fried Pork 70 g	198	13.21	4.828	0	0	0	18.51	270	57	289
Beef or Meat Gravy (Home Recipe) 1 oz	30	2.78	1.079	0.7	0	0	0.47	141	3	16
Total	668	35.99	11.907	48.2	13	5	47.98	1306	85	695
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Northland Cranberry Raspberry 100% Juice 1/2 x 8 fl oz, 120 ml	70	0		17	0	15	0	17.5	0	90
Total	240	9	3	41	4	29	3	37.5	0	240
Total	1455	81.99	21.704	137.58	38.7	47.08	72.5	2397.78	104	1035.82