Monday, January 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft Finely Shredded Mild Cheddar Cheese	86	7.07	4.72	0.79	0	0	4.72	141.48	19.65	
22 g										
Egg Beaters Egg Beaters - Original	41	0	0	0	0	0	8.15	146.7	0	114.1
75 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Pesto Sauce	85	8.01	2.075	0.81	0.3	0.13	2.89	112	6	32
16 g										
Total	262	16.58	6.795	17.6	11.3	0.13	19.76	730.18	25.65	146.1
Lunch										
Jell-O Oreo Cookies 'N Creme Instant Pudding & Pie Filling	93	0.77	0	21.67	0	16.25	0	301.86	0	
24 g										
Pecan Nuts	124	12.95	1.112	2.49	1.7	0.71	1.65	0	0	74
18 g										
Tillamook Swiss Cheese Deli Sliced	160	12	8	2	0	0	14	90	40	
2 x 1 slice, 42 g										
Lay's Wavy Original Potato Chips	114	7.14	1.07	10.71	0.71	0.71	1.43	99.96	0	242.76
20 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Total	541	34.36	10.182	52.87	13.41	17.67	21.08	821.82	40	316.76

Monday, January 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Cooked Cauliflower (Fat Added in Cooking)	122	8.16	1.495	10.82	7.2	3.44	4.72	821	0	377
1 1/2 cups										
Baked or Fried Coated Chicken Breast Skinless	398	16.81	3.534	16.48	0.5	0.32	42.53	463	112	386
6 oz boneless										
Skinless Chicken Breast	130	1.46	0.389	0	0	0	27.25	77	68	
1/2 breast, bone and skin removed										
Michelob Ultra Light Beer	190	0	0	5.2	0	0	1.2	0	0	
2 x 1 bottle, 24 oz										
Total	840	26.43	5.418	32.5	7.7	3.76	75.7	1361	180	763
Snacks/Other										
Blue Diamond Lightly Salted Almonds	85	8	0.5	2.5	1.5	0.5	3	20	0	95
1/2 x 28 nuts, 0.5 oz										
Ghirardelli Dark Chocolate Intense Dark 72%	120	10.2	6	10.2	2.4	6	1.2	0	0	
19 g										
Kind Nuts & Spices Dark Chocolate Nuts & Sea Salt	200	15	3.5	16	7	5	6	125	0	210
1 bar, 40 g										
Total	405	33.2	10	28.7	10.9	11.5	10.2	145	0	305
Total	**2048**	**110.57**	**32.395**	**131.67**	**43.31**	**33.06**	**126.74**	**3058**	**245.65**	**1530.86**