Sunday, August 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Carb Master Strawberry Banana 1 container	70	1.5		5		2	9			
Dannon Light & Fit Greek Yogurt - Strawberry Banana 2 x 1 container, 300 g	160	0		16	0	14	24	100	20	320
Great Value Low Sodium Soy Sauce 3 x 1 tbsp, 45 ml	15	0	0	3	0	0	3	1710	0	0
Brown Rice 200 g	220	1.78	0.358	45.56	3.6	0.7	5.12	602	0	86
Great Value Fat Free Cream Cheese 1 oz, 28 g	30	0	0	2	0	2	4	170	5	40
Silk Unsweetened Cashew Milk 4 x 1 cup, 960 ml	100	8	0	4	0	0	4	640	0	100
Total	595	11.28	0.358	75.56	3.6	18.7	49.12	3222	25	546
Lunch										
Strawberries 9 oz	82	0.77	0.038	19.6	5.1	11.89	1.71	3	0	390
New York Bagel Boys Blueberry Bagel Mini 18 g	47	0.47		9.95	0.47	1.9	1.42			
Skinless Chicken Breast 3 oz boneless, cooked, skinless	92	1.04	0.277	0	0	0	19.4	55	49	
Kroger Hearts of Romaine Lettuce 250 g	44	0	0	8.82	2.94	5.88	2.94	29.41	0	
Ranch Ranch	39	0.64		5.7			3.77			

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83 g										
Megan's Bbq	20	0.06		4.63			0.6			
60 g										
Salsa	26	0.15	0.029	6.01	1.5	2.94	1.48	576	0	285
6 tbsps										
Tomatoes	28	0.31	0.072	6.12	1.9	4.1	1.37	8	0	370
6 oz, raw, yields										
Strawberries	94	0.88	0.044	22.64	5.9	13.74	1.98	3	0	451
10.4 oz										
Total	472	4.32	0.46	83.47	17.81	40.45	34.67	674.41	49	1496

Dinner

Snacks/Other

Lindt Lindor Milk & White Milk Chocolate Truffles	70	5.51	3.98	4.59	0.31	4.28	0.61	10.71		
11 g										
Lindt Lindor Milk & White Milk Chocolate Truffles	70	5.51	3.98	4.59	0.31	4.28	0.61	10.71		
11 g										
The Bakery Sour Creme Donut Holes	60	2.4		9.3	0.3	4.8	0.6			
18 g										
Nabisco Good Thins Spinach & Garlic	65	2	0.25	11	1.5	0.5	1	95	0	160
1/2 x 23 pieces, 15 g										
Reddi-wip Fat Free Dairy Whipped Topping	40	0	0	8	0	8	0	0	0	
8 x 2 tbsp, 40 g										
Wrigley Extra Sugar Free Gum - Polar Ice	10	0		4	0	0	0	0	0	
2 x 1 stick, 5.4 g										

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Quest Kirkland 2 x 1 bar, 120 g	380	14		8	0	2	42	380	10	
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip 1 1/2 x 4 pieces, 25.5 g	60	1.5	0.75	0	0	0	0	15	0	
Air Popped Popcorn 105 g	406	4.77	0.669	81.67	15.2	0.91	13.59	8	0	345
Member's Mark Omega 3 Fish Oil (1000 mg) 2 x 1 softgel	20	2	1	0	0		0	0	10	
The Bakery Sour Creme Donut Holes 18 g	60	2.4		9.3	0.3	4.8	0.6			
Total	1241	40.09	10.629	140.45	17.92	29.57	59.01	519.42	20	505
Total	**2308**	**55.69**	**11.447**	**299.48**	**39.33**	**88.72**	**142.8**	**4415.83**	**94**	**2547**