Monday, December 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Freshire Farms Baby Cut Carrots 100 g	41	0	0	9.41	2.35	5.88	1.18	76.44	0	317.52
Great Value Cocoa Roasted Almonds 11 g	74	5.42	0.77	3.48	1.16	1.94	2.71	0	0	65.79
Kroger Fat Free Cottage Cheese 150 g	106	0	0	7.96			17.25	437.91	6.64	
Dannon Light & Fit Greek Yogurt - Strawberry Banana 1 container, 150 g	80	0		8	0	7	12	50	10	160
Brown Rice 100 g	110	0.89	0.179	22.78	1.8	0.35	2.56	301	0	43
Heinz One Carb Reduced Sugar Tomato Ketchup 1 7/8 x 1 tbsp, 30 g	9	0	0	1.88	0	1.88	0	356.25	0	
Zucchini 11 1/2 oz	52	0.59	0.121	10.92	3.6	5.64	3.94	33	0	854
Mushrooms 100 g	22	0.34	0.05	3.28	1	1.65	3.09	5	0	318
Wyler's Chicken Bouillon Cubes 2 x 1 cube, 7.4 g	10	0	0	2	0	0	0	1600	0	
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip 4 pieces, 17 g	10	1	0.5	0	0	0	0	10	0	
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 200 ml	25	2.08	0	0.83	0.83	0	0.83	149.94	0	141.61

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Blackberries	79	0.9	0.026	17.71	9.8	8.99	2.56	2	0	299
6 1/2 oz										
Total	618	11.22	1.646	88.25	20.54	33.33	46.12	3021.54	16.64	2198.92
Lunch										
Skinless Chicken Breast	77	0.87	0.231	0	0	0	16.16	46	41	
2 1/2 oz boneless, cooked, skinless										
Great Value Egg Makers	108	0		4.33	0	0	21.63	389.34	0	302.82
199 g										
Great Value 4% Cottage Cheese	49	2.21	1.33	1.77	0	1.77	5.3	190.06	11.05	70.72
50 g										
Skinless Chicken Breast	154	1.74	0.462	0	0	0	32.33	91	81	
5 oz boneless, cooked, skinless										
Tomatoes	33	0.36	0.084	7.13	2.2	4.79	1.6	9	0	431
7 oz, raw, yields										
Strawberries	76	0.71	0.036	18.29	4.8	11.1	1.6	2	0	364
8.4 oz										
Total	497	5.89	2.143	31.52	7	17.66	78.62	727.4	133.05	1168.54
Dinner										
Yogurt Covered Pretzel	23	0.78	0.651	3.57	0.1	1.72	0.4	34	0	11
5 g										
Kroger Sliced Turkey Pepperoni	24	1.35	0.45	0	0	0	2.7	159	6	
9 g										
Yogurt Covered Pretzel	23	0.78	0.651	3.57	0.1	1.72	0.4	34	0	11
5 g										
Great Value Fat Free Sour Cream	42	0		6.67	0	5	1.67	83.35	0	141.7
50 g										

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Lettuce	46	0.46	0.059	9.8	4	5.81	2.97	33	0	465
330 g										
Cucumber (with Peel)	21	0.16	0.048	5.15	0.7	2.37	0.92	3	0	208
5 oz										
Total	179	3.53	1.859	28.76	4.9	16.62	9.06	346.35	6	836.7
Snacks/Other										
Bell Plantation PB2 Powdered Peanut Butter	75	2.25	0	7.5	3	3	7.5	105	0	
1 1/2 x 2 tbsp, 19.5 g										
Quest Kirkland	190	7		4	0	1	20	190	5	
1 bar, 60 g										
Bell Plantation PB2 Powdered Peanut Butter	75	2.25	0	7.5	3	3	7.5	105	0	
1 1/2 x 2 tbsp, 19.5 g										
Quest Kirkland	190	7		4	0	1	20	190	5	
1 bar, 60 g										
Heinz One Carb Reduced Sugar Tomato Ketchup	5	0	0	1	0	1	0	190	0	
1 tbsp, 16 g										
Total	535	18.5	0	24	6	9	55	780	10	
Total	**1829**	**39.14**	**5.648**	**172.53**	**38.44**	**76.61**	**188.8**	**4875.29**	**165.69**	**4204.16**