Thursday, March 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spinach	29	0.49	0.079	4.54	2.8	0.52	3.58	99	0	698
125 g										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	25	2.1	0	0.84	0.84	0	0.84	150.84	0	142.46
201 ml										
Kroger Old Fashioned Oatmeal	454	7.56	0	81.68	12.1	3.02	18.15	0	0	
121 g										
Total	508	10.15	0.079	87.06	15.74	3.54	22.57	249.84	0	840.46
Lunch										
McDonald's Grilled Chicken Fillet	84	0.93	0	0.93	0	0	18.62	372.4	55.86	0
3 oz										
McDonald's Grilled Chicken Fillet	84	0.93	0	0.93	0	0	18.62	372.4	55.86	0
3 oz										
Great Value Cocoa Dusted Almonds	128	9.23		7.81	1.42	4.97	3.55			
22 g										
Dole Snap Peas	41	0	0	7.06	2.35	3.53	2.35	0	0	
100 g										
Clementines	118	0.38		30.05	4.2	22.95	2.12	2		442
250 g										
Tomatoes	36	0.4	0.092	7.84	2.4	5.26	1.76	10	0	474
200 g										
Great Value Cocoa Dusted Almonds	174	12.58		10.65	1.94	6.78	4.84			
30 g										
Swiss Miss Milk Chocolate Diet Hot Cocoa with Calcium Mix	25	0	0	4	0.5	2	2	160	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 envelope, 8 g										
Tomatoes	36	0.4	0.092	7.84	2.4	5.26	1.76	10	0	474
200 g										
Mushrooms	35	0.54	0.08	5.25	1.6	2.64	4.94	8	0	509
160 g										
Total	**761**	**25.39**	**0.264**	**82.36**	**16.81**	**53.39**	**60.56**	**934.8**	**111.72**	**1899**
Dinner										
McDonald's French Fries (Small)	46	2.2	0.3	5.8	0.6	0	0.6	32	0	
15 g										
Oscar Mayer Traditional Bacon	50	4.28	1.78	0	0	0	2.86	114.24	7.14	
10 g										
McDonald's Hash Brown	172	10.35	1.72	17.25	2.3	0	1.15	356.5	0	
2 oz										
Newman's Own Low Fat Sesame Ginger Dressing	35	1.5	0	5	0	4	0	330	0	0
2 tbsp, 30 g										
Total	**303**	**18.33**	**3.8**	**28.05**	**2.9**	**4**	**4.61**	**832.74**	**7.14**	**0**
Snacks/Other										
Lindt Lindor Truffle Balls	37	3.01	2.17	2.67	0.17	2.34	0.33	7.52	0.84	
6 g										
Quest Kirkland	380	14		8	0	2	40	380	10	
2 x 1 bar, 120 g										
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip	40	1	0.5	0	0	0	0	10	0	
4 pieces, 17 g										
Macadamia Nuts	36	3.79	0.603	0.69	0.4	0.23	0.4	0	0	18
5 g										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	493	21.8	3.273	11.36	0.57	4.57	40.73	397.52	10.84	18
Total	**2065**	**75.67**	**7.416**	**208.83**	**36.02**	**65.5**	**128.47**	**2414.9**	**129.7**	**2757.46**