Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Canned Chicken (Meat Only)	115	5.06	1.406	0.5	0	0	15.81	84	31	96
1/2 can (5 oz) yields										
Hellmann's Real Mayonnaise	90	10	1.5	0	0	0	0	90	5	
1 tbsp, 13 g										
Total	205	15.06	2.906	0.5	0	0	15.81	174	36	96
Lunch										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Harvestland Sliced Turkey Breast	90	0.75	0	3	0	1.5	18	750	37.5	
1 1/2 x 2 slices, 102 g										
Ranch Salad Dressing	145	15.42		2.01	0.2	0.74	0.31	245	10	19
2 tbsps										
Total	243	16.25	0.01	6.64	0.9	3.21	18.81	1001	47.5	97
Dinner										
Hebrew National Beef Franks	280	26	10	4	0	0	10	880	50	160
2 x 1 frank, 98 g										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Litehouse Foods Chunky Blue Cheese Dressing	300	32	3	2	0	2	2	440	30	
2 x 2 tbsp, 60 ml										
Total	588	58.08	13.01	7.63	0.7	2.97	12.5	1326	80	238
Snacks/Other										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins) 6 g	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19
Total	**1060**	**90.59**	**16.526**	**16.97**	**3.6**	**6.28**	**49.02**	**2523**	**163.5**	**450**