Wednesday, May 20, 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										
Egg Beaters Southwestern Style Egg Whites	40	0	0	1	1	0	8	250	0	130
3 tbsp, 46 g										
Hellmann's Real Mayonnaise	100	11	1.5	0	0	0	0	95	5	
1 tbsp, 13 g										
Total	255	16.06	2.906	1.5	1	0	23.81	429	36	226
Lunch										
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins)	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19
6 g										
Dinner										
Omaha Steaks Gourmet Franks	480	40	14	8	0	2	22	1560	90	
2 x 1 frank, 6 oz										
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	788	72.08	17.01	11.63	0.7	4.97	24.5	2006	120	78
Snacks/Other										
Atkins Endulge Caramel Nut Chew Bar	32	2	1	4.25	1.5	0.25	1.25	17.5	2.5	20
1/4 x 1 bar, 8 g										

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Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Total	217	20.49	2.737	8.14	3.4	0.99	5.57	18.5	2.5	145
Total	1284	109.83	23.253	23.47	7.1	6.06	55.78	2475.5	158.5	468