# Friday, March 20, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Hellmann's Real Mayonnaise<br>1 tbsp, 13 g | 90 | 10 | 1.5 | 0 | 0 | 0 | 0 | 90 | 5 | |
| Canned Chicken (Meat Only)<br>1/2 can (5 oz) yields | 115 | 5.06 | 1.406 | 0.5 | 0 | 0 | 15.81 | 84 | 31 | 96 |
| Total | 205 | 15.06 | 2.906 | 0.5 | 0 | 0 | 15.81 | 174 | 36 | 96 |
| **Lunch** | | | | | | | | | | |
| Litehouse Foods Chunky Blue Cheese Dressing<br>2 tbsp, 30 ml | 150 | 16 | 1.5 | 1 | 0 | 1 | 1 | 220 | 15 | |
| Great Value Romaine Lettuce<br>1 cup, 47 g | 15 | 0 | | 1 | 0.5 | 0 | 1 | 10 | 0 | |
| Harvestland Sliced Turkey Breast<br>1 1/2 x 2 slices, 102 g | 90 | 0.75 | 0 | 3 | 0 | 1.5 | 18 | 750 | 37.5 | |
| Albertsons Sliced Roast Beef<br>2 oz | 70 | 1 | 0.5 | 0 | 0 | 0 | 17 | 490 | 35 | |
| Total | 325 | 17.75 | 2 | 5 | 0.5 | 2.5 | 37 | 1470 | 87.5 | |
| **Dinner** | | | | | | | | | | |
| General Tso (General Gau) Chicken<br>1 cup | 296 | 17.01 | 4.015 | 16.32 | 0.9 | 5.12 | 18.82 | 844 | 66 | 251 |
| **Snacks/Other** | | | | | | | | | | |
| Blue Diamond Bold Salt 'n Vinegar Almonds<br>1/2 x about 28 nuts, 0.5 oz | 85 | 7.5 | 0.5 | 2.5 | 1.5 | 1 | 3 | 70 | 0 | 65 |

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|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | | | | | | |
| Total | 109 | 8.7 | 1.1 | 4.7 | 3.5 | 1.1 | 4.9 | 92 | 0 | 84 |
| **Total** | **935** | **58.52** | **10.021** | **26.52** | **4.9** | **8.72** | **76.53** | **2580** | **189.5** | **431** |