Monday, January 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wonderful Halos Mandarin Oranges 2 x 1 orange	74	0.4	0	18.6	2.6	14.8	1.2	2	0	
NutriSystem Vanilla Shortbread Cookies 1 package, 40 g	160	6	3.5	22	5	8	6	85	20	
Hard-Boiled Egg 2 large	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
Jennie-O Turkey Bacon 2 x 1 slice, 30 g	60	5	1	0	0	0	4	260	20	
Total	449	22.01	7.767	41.72	7.6	23.92	23.78	471	464	126
Lunch										
Birds Eye Riced Cauliflower 3/4 cup, 85 g	25	0	0	3	2	2	2	210	0	
NutriSystem Hearty Beef Stew 1 container, 201 g	130	3	1.5	14	2	2	12	530	20	
Total	155	3	1.5	17	4	4	14	740	20	
Dinner										
Corned Beef, Potatoes and Vegetables (Mixture) 2 cups	353	15.29	5.022	36.48	4.5	4.41	17.79	1076	78	723
Snacks/Other										
NutriSystem Salt & Vinegar Snack-A-Rounds 1 package, 35 g	140	4.5	0	19	3	1	6	210	0	
Cucumber (Peeled)	16	0.21	0.017	2.87	0.9	1.84	0.78	3	0	181

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1 cup pared, chopped										
Cabot Serious Snacks Sharp Cheddar Cheese	80	7		0	0	0	5	130	20	
1 bar, 21 g										
Total	236	11.71	0.017	21.87	3.9	2.84	11.78	343	20	181
Total	1193	52.01	14.306	117.07	20	35.17	67.35	2630	582	1030