Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Ortega Ortega Ortega tortilla strips 3 x 2 Tbsp (7g)	105	4.5	0	12	0	0	0	45	0	
Daiya Cheddar Style Shreds 1/2 x 1/4 cup, 15 g	45	3	1	3.5	0.5	0	0.5	125	0	
Vinaigrette Dressing 2 tbsps	86	8.34	1.315	3.07	0	2.45	0.11	486	0	
Earthbound Farm Organic Spring Mix 2 cups, 85 g	20	0	0	4	1	1	1	95	0	
Roasted Pumpkin and Squash Seed Kernels (Without Salt) 0.1 cup	118	9.56	1.809	3.05	0.9	0.23	7.48	4	0	183
Deli Turkey or Chicken Breast Meat 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Total	433	26.34	4.396	28.01	2.7	5.67	18.77	1331	24	354
Dinner										
Honeysuckle White Rotisserie Flavor Turkey Breast Tenderloins 4 oz, 112 g	130	3.5	0	4	0	1	21	700	50	
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Fried Batter Dipped Eggplant 1/2 cup	163	11.83	2.33	12.74	3.4	2.65	2.64	68	18	244
Total	400	16.2	2.505	38.95	5.2	3.99	26.14	1061	68	286

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Chocolate Chip Cookie 2 medium (approx 2" dia)	98	4.95	1.533	12.81	0.6	6.87	1.1	59	0	30
Chocolate Chips 1 oz	136	8.5	5.032	17.89	1.7	15.45	1.19	3	0	
SunGold Foods SunButter 2 tbsp, 32 g	203	16	1	7	3	4	8	100	0	
Total	437	29.45	7.565	37.7	5.3	26.32	10.29	162	0	30
Total	**1270**	**71.99**	**14.466**	**104.66**	**13.2**	**35.98**	**55.2**	**2554**	**92**	**670**