Thursday, March 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Herbal Tea (Other Than Chamomile, Brewed) 52 fl oz	15	0	0.031	3.08	0	0	0	15	0	139
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Poached Egg 1 large	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
Total	179	5.28	1.688	26.53	2.6	12.73	7.36	163	211	567
Lunch										
Better than Bouillon Fish Base 2 x 1 tsp, 12 g	20	0	0	2	0	0	2	1180	0	
Trader Joe's Roasted Seaweed Snack Packs 2 x 1/2 package, 10 g	60	4	0	2	2	0	2	100	0	
Sage (Ground) 1 tsp	2	0.09	0.049	0.43	0.3	0.01	0.07	0	0	7
Total	82	4.09	0.049	4.43	2.3	0.01	4.07	1280	0	7
Dinner										
Snacks/Other										
Total	**261**	**9.37**	**1.737**	**30.96**	**4.9**	**12.74**	**11.43**	**1443**	**211**	**574**