# Monday, September 1, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Better than Bouillon Lobster Base<br>2 x 1 tsp, 12 g | 20 | 0 | 0 | 2 | 0 | 0 | 2 | 1420 | 0 | |
| Poached Egg<br>1 large | 74 | 4.95 | 1.544 | 0.38 | 0 | 0.38 | 6.26 | 147 | 211 | 66 |
| Peaches<br>1 large (2-3/4" dia) (approx 2-1/2 per lb) | 61 | 0.39 | 0.03 | 14.98 | 2.4 | 13.17 | 1.43 | 0 | 0 | 298 |
| Turmeric (Ground)<br>1 tsp | 8 | 0.22 | 0.069 | 1.43 | 0.5 | 0.07 | 0.17 | 1 | 0 | 56 |
| Total | 163 | 5.56 | 1.643 | 18.79 | 2.9 | 13.62 | 9.86 | 1568 | 211 | 420 |
| **Lunch** | | | | | | | | | | |
| Safeway Select Walnuts Covered in Dark Chocolate<br>1/4 cup , 37 g | 210 | 18 | 7 | 15 | 3 | 9 | 3 | 0 | 0 | |
| Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)<br>1 cup, seedless | 110 | 0.26 | 0.086 | 28.96 | 1.4 | 24.77 | 1.15 | 3 | 0 | 306 |
| Total | 320 | 18.26 | 7.086 | 43.96 | 4.4 | 33.77 | 4.15 | 3 | 0 | 306 |
| **Dinner** | | | | | | | | | | |
| Sweet Cherries<br>1 1/4 cups, with pits, yields | 92 | 0.29 | 0.056 | 23.41 | 3.1 | 18.75 | 1.55 | 0 | 0 | 325 |
| Poached Egg<br>2 large | 147 | 9.9 | 3.087 | 0.76 | 0 | 0.77 | 12.53 | 294 | 422 | 133 |
| Cooked Summer Squash (from Fresh)<br>8 oz | 84 | 5.19 | 0.989 | 9.57 | 3.2 | 5.69 | 2.02 | 608 | 0 | 422 |

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|---|---|---|---|---|---|---|---|---|---|---|
| Curry Powder<br>3 tsps | 20 | 0.83 | 0.134 | 3.49 | 2 | 0.17 | 0.76 | 3 | 0 | 93 |
| Leeks<br>4 oz | 69 | 0.34 | 0.045 | 16.05 | 2 | 4.42 | 1.7 | 23 | 0 | 204 |
| Trader Joe's Manchego Cheese<br>1 oz, 28 g | 120 | 10 | 7 | 0 | 0 | 0 | 7 | 170 | 30 | |
| Total | 532 | 26.55 | 11.311 | 53.28 | 10.3 | 29.8 | 25.56 | 1098 | 452 | 1177 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1015 | 50.37 | 20.04 | 116.03 | 17.6 | 77.19 | 39.57 | 2669 | 663 | 1903 |