Wednesday, January 21, 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)	15	0	0.031	3.08	0	0	0	15	0	139
52 fl oz										
Poached Egg	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
1 large										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Total	179	5.28	1.688	26.53	2.6	12.73	7.36	163	211	567
Lunch										
Better than Bouillon Chicken Base	15	0.5	0	2	0	0	1	350	0	0
1 tsp, 6 g										
Trader Joe's Roasted Seaweed Snack Packs	60	4	0	2	2	0	2	100	0	
2 x 1/2 package, 10 g										
Total	75	4.5	0	4	2	0	3	450	0	0
Dinner										
Tropicana Light Orange Juice	50	0	0	13	0	10	1	10	0	450
8 fl oz, 240 ml										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	193	0.45	0.151	50.68	2.5	43.34	2.02	6	0	535
1 3/4 cups, seedless										
Curry Powder	20	0.83	0.134	3.49	2	0.17	0.76	3	0	93
3 tsps										
Turmeric (Ground)	18	0.49	0.154	3.21	1	0.16	0.39	2	0	125
2 1/4 tsps										
Birds Eye Steamfresh Broccoli	120	0	0	16	8	8	4	80	0	

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4 x cabbage, 16 oz										
Publix Fresh Frozen Basa Fillets	180	3	0	0	0	0	36	100	40	
2 x 1, 6 oz										
Total	581	4.77	0.439	86.38	13.5	61.67	44.17	201	40	1203
Snacks/Other										
Total	835	14.55	2.127	116.91	18.1	74.4	54.53	814	251	1770