Wednesday, August 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wawa Soft Pretzel 1 pretzel, 128 g	350	3.5	1.5	70	4	0	12	1120	0	
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Peter Pan Creamy Peanut Butter 2 tbsp , 32 g	210	17	3	6	2	3	8	140	0	180
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
ON ON 100% Whey 2 x 1 scoop	240	2	1	6		2	48	120	60	440
Silk Pure Almond Milk - Vanilla 3 x 1 cup, 720 ml	270	7.5	0	48	3	45	3	450	0	180
Total	1241	31.21	5.811	169.6	12.7	65.51	74.2	2001	60	1247
Lunch										
Woodchuck Hard Cider - Summer 4 x 1 bottle, 48 oz	840	0	0	100	0	68	0	0	0	
Freebirds Chips & Queso 1 serving	570	33	13	50	5	0	17	1140	0	
Total	1410	33	13	150	5	68	17	1140	0	
Dinner										
Gyro Sandwich (Pita Bread, Beef, Lamb, Onion, Condiments with Tomato and Spread) 1 gyro	593	12.21	4.438	74.02	3.9	7.53	44.15	874	82	800
Sabra Roasted Garlic Hummus	70	5	1	5	2	0	2	130	0	

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2 tbsp, 28 g										
Archer Farms Feta & Roasted Red Pepper Dip	100	10	3.5	1	0	1	1	110	20	
2 tbsp, 25 g										
Liberty Tzatziki	120	9	5	2	0	0	6	300		
2 x 2 tbsp, 60 ml										
Baba Ghanoush	97	7.69	1.079	6.62	2.1	1.41	2.4	128	0	
4 tbsps										
Trader Joe's Dolmas (Stuffed Grape Leaves)	140	7	1	16	2	1	2	640	0	
3 dolmas, 84 g										
Pita Bread	495	2.16	0.299	100.26	4	2.34	16.38	965	0	216
4 medium (5-1/4" dia)										
Red Lobster Batter Fried Calamari	360	22	0	46	4	3	4	15	135	
1 serving										
Total	1975	75.06	16.316	250.9	18	16.28	77.93	3162	237	1016

Snacks/Other

Total	4626	139.27	35.127	570.5	35.7	149.79	169.13	6303	297	2263