Tuesday, November 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
International Delight Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Total	101	4.31	2.037	15.79	0.3	11.07	1.2	6	0	375
Lunch										
Margarine 2 tbsps	150	16.92	2.872	0	0	0	0.17	225	0	9
Minute Maid Light Lemonade 1 can	5	0		2	0	0	0	50	0	
Carl Buddig Deli Cuts Baked Honey Ham 6 slices, 56 g	70	1.5	0.5	3	0	3	10	460	20	0
Nature's Own Honey Wheat Bread 1 slice, 26 g	140	2	0	26	2	4	6	250	0	0
Reduced Fat American Cheese 2 slices	163	9.59	6.018	7.21	0	5.45	11.97	1079	36	
Total	528	30.01	9.39	38.21	2	12.45	28.14	2064	56	9
Dinner										
Rose Wine 8 1/2 fl oz (no ice)	178	0	0	10.33	0	2.71	0.6	619	0	
Shrimp Creole with Rice	441	13.01	2.34	41.52	2.6	3.57	37.14	1447	394	437

Tuesday, November 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 cups										
Total	619	13.01	2.34	51.85	2.6	6.28	37.74	2066	394	437
Snacks/Other										
Klondike Original Ice Cream Bar	250	14	11	29	1	23	3	55	10	
1 bar, 86 g										
Manhattan	162	0	0	2.59	0	1.44	0.04	2	0	18
1 1/4 cocktails										
Almonds	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
10 almonds										
Total	481	20.08	11.466	33.96	2.4	25.02	5.59	57	10	105
Total	**1729**	**67.41**	**25.233**	**139.81**	**7.3**	**54.82**	**72.67**	**4193**	**460**	**926**