Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Kroger Mexican Style Shredded Cheese 1/2 x 1/4 cup, 14 g	50	4	2.5	0.38	0	0	3	85	12.5	0
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Horizon Organic Heavy Whipping Cream 3 x 1 tbsp, 45 ml	150	15	10.5	0	0	0	0	30	60	
Trader Joe's Organic Turbinado Raw Cane Sugar 2 x 1 tsp, 8 g	30	0	0	8	0	8	0	0	0	
Total	455	34	17.657	9.54	0	9.16	22.44	334	706.5	433
Lunch										
Heavy Cream 1 tbsp	51	5.51	3.432	0.42	0	0.02	0.31	6	20	11
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Roasted Broiled or Baked Chicken Thigh 1 medium (yield after cooking, bone removed)	152	9.52	2.662	0	0	0	15.41	252	57	136
Cooked Cauliflower (Fat Not Added in Cooking) 2 cups	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
Total	384	27.88	13.598	14.69	9.7	4.64	22.14	1282	108	654
Dinner										

Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Butter (Salted) 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	29	11	1
Kirkland Signature Atlantic Salmon 7 oz, 196 g	340	20	7	0	0	0	37	320	80	
Total	376	24.06	9.568	0	0	0	37.04	349	91	1
Snacks/Other										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Strawberries 8 medium (1-1/4" dia)	31	0.29	0.014	7.37	1.9	4.47	0.64	1	0	147
Total	125	8.35	1.661	10.5	2.9	5.95	4.65	74	0	251
Total	**1340**	**94.29**	**42.484**	**34.73**	**12.6**	**19.75**	**86.27**	**2039**	**905.5**	**1339**