Saturday, May 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-Mate Hazelnut Coffee Creamer 1 tbsp, 15 ml	35	1.5	0	5	0	5	0	5	0	
Lunch										
Lean Cuisine Culinary Collection Garlic Chicken Spring Rolls 3 spring rolls, 113 g	200	8	1.5	24	2	4	10	420	20	320
Marketside Classic Caesar Dressing 1/2 x 2 tbsp, 15 g	80	8.5	1.5	0.5	0	0	0.5	145	7.5	5
Yellow Summer Squash 1/4 cup sliced	5	0.05	0.012	0.95	0.3	0.62	0.34	1	0	74
Cooked Red Peppers 1/4 cup	13	0.56	0.106	2.19	0.7	1.52	0.36	5	0	76
Green Giant Fresh Baby Cut Carrots 10 carrots, 85 g	35	0	0	8	2	5	1	65	0	270
Hormel Natural Choice Uncured Hard Salami 4 slices, 28 g	110	10	4	0	0	0	6	450	30	
Iceberg Lettuce (Includes Crisphead Types) 3 cups shredded or chopped	23	0.23	0.03	4.9	2	2.9	1.48	16	0	233
Cucumber (with Peel) 1/4 cup slices	4	0.03	0.009	0.94	0.1	0.43	0.17	1	0	38
Radish 1 large (1" to 1-1/4" dia)	1	0.01	0.003	0.31	0.1	0.19	0.06	4	0	21
Grape Tomatoes	9	0.09	0.022	1.86	0.6	1.25	0.42	2	0	

Saturday, May 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
6 grape										
Total	480	27.47	7.182	43.65	7.8	15.91	20.33	1109	57.5	1037
Dinner										
Riviana Foods Long Grain and Wild Rice Mix	190	0		43	1	1	4	700	0	
1 cup										
Ground Beef (80% Lean / 20% Fat)	213	16.8	6.444	0	0	0	14.42	56	60	227
3 oz										
Total	403	16.8	6.444	43	1	1	18.42	756	60	227
Snacks/Other										
Pears	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
1 medium (approx 2-1/2 per lb)										
Reed's Crystallized Ginger	100	0	0	25	0	20	0	0	0	
5 pieces, 28 g										
Total	196	0.2	0.01	50.66	5.1	36.27	0.63	2	0	198
Total	**1114**	**45.97**	**13.636**	**142.31**	**13.9**	**58.18**	**39.38**	**1872**	**117.5**	**1462**