Friday, May 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
coffee	7	0.14	0.014	0	0	0	0.85	14	0	348
3 cups (8 fl oz)										
frozen berries	18	0		4.25	1.25	2.5	0.25	0	0	42.5
1/2 x 1/2 cup, 35 g										
Activia Light Fat Free Peach Yogurt	35	0	0	6	1	4	2	32.5	2	105
1/2 x 1 container, 2 oz										
banana	26	0.1	0.033	6.74	0.8	3.61	0.32	0	0	106
1/4 medium (7" to 7-7/8" long)										
sweet whey	13	0.04	0.026	2.79	0	2.79	0.48	40	0	78
1/2 tbsp										
half and half	36	0.85	0.509	5.44	0	3.02	1.57	87	3	125
1/4 cup										
almonds	21	1.82	0.14	0.71	0.4	0.17	0.77	0	0	26
3 almonds										
protein powder	60	0.5	0	4.5	0	0	10	35	0	65
1/2 x 1 scoop, 15.2 g										
milk	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
1 cup										
Total	318	5.82	2.267	42.61	3.45	28.78	24.46	315.5	17	1261.5
Lunch										
Chicken Salad or Chicken Spread Sandwich	333	16.06	2.989	27.52	1.6	2.72	18.61	565	49	210
1 sandwich										
Dinner										
cherry tomatoes	13	0.15	0.034	2.92	0.9	1.96	0.66	4	0	

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1/2 cup										
polenta	102	0.46	0.063	21.73	2.1	0.18	2.37	115	0	
1/2 cup cooked										
lamb shank stew	142	4.75	1.701	0	0		23.27	69	73	329
4 oz										
red wine	62	0	0	1.92	0	0.46	0.05	3	0	93
1/2 5 fl oz serving										
mixed olives	41	4.34	0.575	1.09	0.9	0.15	0.29	441	0	12
1 oz										
Chicken Stock	6	0.15	0.036	0.75			0.47	396	0	12
1/2 cup (8 fl oz)										
Total	366	9.85	2.409	28.41	3.9	2.75	27.11	1028	73	446
Snacks/Other										
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel	160	9	7	18	2	13	2	90	0	
1 bar										
Brie Cheese	95	7.85	4.936	0.13	0	0.13	5.88	178	28	43
1 oz										
Dove Miniature Dark Chocolate Ice Cream	120	8	5	12	2	10	2	10	10	
2 x 1 piece										
Weight Watchers Ice Cream Bars - English Toffee Crunch	100	6	4.5	13	2	10	1	40	4	60
1 bar, 34 g										
Weight Watchers Snack Size Double Caramel Swirl Ice Cream Cone	90	2	1.5	17	2	10	2	45	0	75
1 cone										
Red Table Wine	625	0	0	19.18	0	4.56	0.51	29	0	933
5 5 fl oz servings										

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Nature Valley Crunchy Granola Bars - Oats 'N Honey 2 bars, 42 g	190	7	1	29	2	11	3	180	0	
Total	1380	39.85	23.936	108.31	10	58.69	16.39	572	42	1111
Total	2397	71.58	31.601	206.85	18.95	92.94	86.57	2480.5	181	3028.5