Saturday, February 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
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
Stonyfield Farm Organic Lowfat Milk 1% 1/4 x 1 cup, 60 ml	28	0.62	0.38	3	0	3	2	31.25	3.75	90
Truvia Sweetener (Packet) 2 x 1 packet, 7 g	0	0	0	0	0	0	0	0	0	0
President's Choice 100% Pure Maple Syrup 1 1/2 x 2 tbsp, 45 ml	150	0		39		34.5	0			
Kashi 7 Grain Waffles 2 waffles, 72 g	150	5	0.5	25	7	3	4	340	0	125
Total	438	6.1	1.021	94.14	10.1	54.93	7.86	381.25	3.75	860
Lunch										
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Progresso Vegetable Classics Lentil with Roasted Vegetables 1 cup , 249 g	100	0.5	0	20	4	1	6	690	0	
Crunchmaster Multi-Grain Crackers 14 crackers, 30 g	130	4.5	0.5	21	3	0	3	110	0	
Great Value Low Fat Chocolate Milk 2 x 8 fl oz, 472 ml	320	6	4	52	0	52	16	240	20	900
Fiber One Chewy Bars - Oats & Chocolate	140	4	2	29	9	10	2	90	0	

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1 bar, 40 g										
100% Maple Syrup	52	0.04	0.007	13.42	0	11.9	0	2	0	41
1 tbsp										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	
5.3 oz, 150 g										
Sun-Maid California Golden Raisins	130	0	0	31	2	29	1	10	0	310
1/4 cup, 40 g										
Total	1052	15.37	6.62	196.49	20.6	120.25	44.1	1213	30	1613

Dinner

Parmesan Cheese (Shredded)	21	1.37	0.868	0.17	0		1.89	85	4	5
1 tbsp										
Bertolli Marinara Sauce	80	2	0	13	1	12	2	530	0	
1/2 cup, 126 g										
Barilla White Fiber Spaghetti	350	1.75		75.25	10.5	1.75	10.5	0		
1 3/4 x 1/6 box, 98 g										
Colavita Balsamic Vinegar	26	0		4	0	4	0	0	0	
2 x 1 tbsp, 30 ml										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Laura's Lean Beef 92% Lean Ground Beef	210	11.81	5.25	0	0	0	27.55	91.84	78.72	0
147 g										
Total	828	30.65	8.013	97.07	13.1	20.41	43.04	736.84	82.72	245

Snacks/Other

Saturday, February 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Schweppes Tonic Water 3/4 x 8 fl oz, 180 ml	70	0		16.12		16.12	0	17.25		
Gin 1 1/2 jiggers	166	0	0	0	0	0	0	1	0	1
Cucumber (with Peel) 1/2 cup slices	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
Baby Carrots 3 1/2 oz	35	0.13	0.023	8.18	1.8	4.72	0.64	77	0	235
Sabra Roasted Red Pepper Humus 2 x 2 tbsp	140	12	2	8	4	0	4	260	0	0
Skratch Labs 859943003452 2 x 1/2 scoop (12 grams)	80	0	0	20		20	0	360		40
Total	499	12.19	2.041	54.19	6.1	41.71	4.98	716.25	0	352
Total	**2817**	**64.31**	**17.695**	**441.89**	**49.9**	**237.3**	**99.98**	**3047.34**	**116.47**	**3070**