Sunday, September 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 oz, 56 g	60	0.5	0	4	0	1	10	400	25	0
American Cheese 3/4 slice (1 oz)	72	5.54	3.313	1.48	0	1.37	4.03	276	17	
White Potatoes (Flesh and Skin, Baked) 4 oz	107	0.17	0.025	23.9	2.4	1.74	2.38	8	0	617
Total	239	6.21	3.338	29.38	2.4	4.11	16.41	684	42	617
Lunch										
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 oz, 56 g	60	0.5	0	4	0	1	10	400	25	0
Victoria Victoria Italian veggie marinara 1/2 x 1/2 cup, 56.5 g	38	1.5	0.5	4.5	1	1.5	1	190	0	
Beanitos Black Bean Chips 11 chips, 28 g	140	7	0.5	15	5	0	4	55	0	222
Chicken Out Rotisserie BBQ Pulled Chicken 1 oz	25	0.84	0.33	2.34	0	1.67	2	123.58	7.52	
Chicken Stock 1 cup (8 fl oz)	12	0.29	0.073	1.51			0.95	792	0	24
Soybean Curd 1 cup (1/2" cubes)	151	9.15	1.322	4.46	0.5	1.74	16.24	20	0	298
White Potatoes (Flesh and Skin) 3 1/2 oz	69	0.1	0.026	15.59	2.4	1.14	1.67	6	0	404
Total	495	19.38	2.751	47.4	8.9	7.05	35.86	1586.58	32.52	948

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Dinner										
Nuevo Grille Street Tacos 2 x 2 tacos, 170 g	420	24	8	28	6	0	22	580	70	
Plain Crepe 1 crepe (10" dia)	228	11.3	3.149	22.09	0.6	4.95	8.94	290	159	162
Archer Farms Garlic Aioli 1 tbsp, 14 g	100	10	1.5	1			0	90	10	
Kale Chips 1/2 cup	61	2.87	0.558	7.1	0.4	0.54	2.02	49	0	
Chicken Breast (Skin Not Eaten) 4 oz boneless, cooked (yield after skin removed)	171	3.68	1.042	0	0	0	31.99	412	87	264
Couscous (Cooked) 1/2 cup of	88	0.13	0.023	18.23	1.1	0.08	2.98	4	0	46
Baked or Broiled Salmon 5 oz boneless (yield after cooking)	197	8.69	1.509	0.56	0	0.13	27.57	537	71	454
Cooked Beets (from Fresh) 1 cup whole	102	3.83	0.711	16.28	3.2	12.94	2.74	511	0	497
Fennel Bulk 1/4 cup sliced	7	0.04		1.59	0.7		0.27	11	0	90
Fresh Express Fancy Field Greens Tender Lettuce Mix 2 1/2 cups, 85 g	20	0	0	3	1	1	1	30	0	
Deep Fried Potato French Fries (from Frozen) 1 10 strip portion (3-1/2" to 4")	249	13.28	3.147	29.27	2.7	0.53	2.93	151	0	431
Publix Fried Chicken Tenders 161 g	315	11.9		21	1.4	0	21	605.5	49	
Total	**1958**	**89.72**	**19.639**	**148.12**	**17.1**	**20.17**	**123.44**	**3270.5**	**446**	**1944**

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Snacks/Other										
Aurora Natural Roasted Unsalted Cashews 1/2 x 1/4 cup, 15 g	80	6.5	1	4.5		0.5	2.5	0	0	
Total	**2772**	**121.81**	**26.728**	**229.4**	**28.4**	**31.83**	**178.21**	**5541.08**	**520.52**	**3509**