Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% milk 1 fl oz	15	0.6	0.383	1.43	0	1.54	1.01	13	2	46
coffee 8 fl oz	2	0.05	0.005	0.09	0	0	0.28	5	0	111
sugar 1 individual packet	23	0	0	6	0	5.99	0	0	0	0
Potatoes (Flesh, Without Salt, Boiled) 10.38 oz	256	0.29	0.077	59.24	5.3	2.56	5.5	12	0	1115
Van's Wheat-Gluten Free Apple Cinnamon Waffles 10 g	28	0.84	0.06	4.68	0.12	0.6	0.24	46.8	0	
Old El Paso Hard Shell Tacos 2 shells	120	5	2	17	1	1	2	740	0	
Tomatoes 1 oz, raw, yields	5	0.05	0.012	1.02	0.3	0.68	0.23	1	0	62
Hungarian Peppers 1 oz	8	0.12	0.013	1.89			0.23	0	0	57
Mushrooms 4 oz	25	0.39	0.057	3.72	1.1	1.87	3.5	6	0	361
Extra Virgin Olive Oil 1/4 tbsp	30	3.38	0.466	0	0	0	0	0	0	
Food Club Large Egg 1 egg, 50 g	70	5	1.5	0			6			
Total	**582**	**15.72**	**4.573**	**95.07**	**7.82**	**14.24**	**18.99**	**823.8**	**2**	**1752**
Lunch										
Ground Bison Meat	335	23.94	10.22	0	0	0	28.05	99	105	461

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5.3 oz										
Smashburger Fried Pickles	210	13	5	20	2	2	3	2100	20	
1 serving										
Fantini Bulkie Rolls	180	1.5	0	36	1	3	6	380	0	0
1 roll, 2.2 oz										
Jalapeno Peppers	4	0.09	0.009	0.83	0.4	0.48	0.19	0	0	30
1 pepper										
Jason's Deli Tomato Slice	4	0	0	1	0	1	0	1	0	
1 portion, 20 g										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Total	741	38.61	15.239	59.46	4.1	7.45	37.74	2586	125	569
Dinner										
Nature's Promise Natural Vegetable Sticks	65	3.5	0.25	8	0	0.5	0.5	145	0	
1/2 x 1 oz, 14 g										
Extra Virgin Olive Oil	30	3.38	0.466	0	0	0	0	0	0	
1/4 tbsp										
Giorgio Baby Bella Mushrooms	20	0	0	2	1	0	3	40	0	
3 oz, 85 g										
Woodstock Farms Organic Shitake Mushrooms	55	0	0	15	2	13	2	0	0	
1/2 cup, 100 g										
Kale	67	0.94	0.122	13.41	2.7		4.42	58	0	599
2 cups chopped										
Nature's Promise Thin Sliced Turkey Breast Cutlets	330	3	0	3	0	0	75	180	120	
3 x 4 oz cooked, 336 g										
Total	567	10.82	0.838	41.41	5.7	13.5	84.92	423	120	599

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Snacks/Other										
Roasted Unsalted Cashew Nuts	41	3.39	0.601	2.12	0.2	0.36	1.19	1	0	45
1/4 oz (18 kernels)										
Food Should Taste Good Guacamole chips	325	15	1.25	45	5	0	5	400	0	
2 1/2 x 10 chips, 70 g										
Nature's Promise Thin Sliced Turkey Breast Cutlets	110	1	0	1	0	0	25	60	40	
4 oz cooked, 112 g										
Yoplait Greek 100 Yogurt - Black Cherry	100	0	0	14	0	9	10	45	4	
1 container, 150 g										
R.W. Knudsen Family Organic Cranberry Pomegranate Juice	65	0	0	16	0	13.5	0	7.5	0	130
1/2 x 8 fl oz, 120 ml										
Total	641	19.39	1.851	78.12	5.2	22.86	41.19	513.5	44	175
Total	**2531**	**84.54**	**22.501**	**274.06**	**22.82**	**58.05**	**182.84**	**4346.3**	**291**	**3095**