

Thursday, November 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
1 large										
Best Choice American Cheese Singles	60	4.5	2.5	2	0	1	3	250	15	
1 slice, 19 g										
Pork Sausage Patty or Link	44	3.69	1.187	0	0	0	2.53	97	11	38
1 link (raw dimensions: 4" long x 7/8" dia), cooked										
Dannon Greek Yogurt - Strawberry	80	0	0	8	0	6	12	55	10	160
1 container, 150 g										
Strawberries	9	0.08	0.004	2.07	0.5	1.26	0.18	0	0	41
1 extra large (1-5/8" dia)										
Grapes	17	0.04	0.014	4.52	0.2	3.87	0.18	0	0	48
5 seedless										
Total	302	15.35	5.68	16.99	0.7	12.51	24.16	496	246	355
Lunch										
Trader Joe's Peppermint Bark White Chocolate Bar	160	10	6	20	1	18	1	15	5	
1/2 bar, 64 g										
Roasted Salted Cashew Nuts	329	27.09	4.807	17.1	1.9	2.84	9.55	175	0	358
2 oz (18 kernels)										
Total	489	37.09	10.807	37.1	2.9	20.84	10.55	190	5	358
Dinner										
Miller Brewing Company Lite Beer (Bottle)	192	0	0	6.4	0	2	2	10	0	
2 x 1 bottle, 24 oz										

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Ted's Montana Grill Chopped Salad	330	19	6	31	4	5	11	740	3	
1 salad										
Beef Tenderloin (Lean Only, Trimmed to 1/4" Fat, Prime Grade)	383	20.07	8.029	0	0		47.13	122	141	832
8 oz										
Cooked Asparagus (from Fresh)	25	1.41	0.283	2.58	1.2	0.81	1.49	148	0	140
4 medium spears (5-1/4" to 7" long)										
Cooked Mushrooms (Fat Added in Cooking)	77	4.41	0.788	8.31	3.4	3.41	3.38	404	0	554
1 cup										
Wegmans Pretzel Roll	200	4	1	35	1	0	6	810	0	0
1 roll										
Butter	36	4.06	2.568	0	0	0	0.04	1	11	1
1 pat (1" sq, 1/3" high)										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Total	1362	66.45	20.532	83.29	9.6	11.22	71.04	2235	155	1527

Snacks/Other

Utz Pub Mix	149	5.14	1.14	21.72	2.29	2.29	3.43	377.19	0	
32 g										
General Mills Chex Mix Hot 'N Spicy	60	1.5	0.25	10.5	0.5	1	1	75	0	0
1/2 x 1/2 cup, 14.5 g										
Spring Valley Omega 3 Fish Oil	30	2	0.5	0	0	0	1	0	15	
2 softgels, 1.2 g										
Spring Valley Glucosamine Chondroitin	11	0	0	2.5			0	160	0	0
2 tablets										

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Total	250	8.64	1.89	34.72	2.79	3.29	5.43	612.19	15	0
Total	2403	127.53	38.909	172.1	15.99	47.86	111.18	3533.19	421	2240