

Tuesday, November 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Oatmeal 1 cup cooked	145	2.39	0.421	25.37	3.7	0.56	6.06	278	0	126
Ocean Spray Craisins Dried Cranberries 1/2 x 1/4 cup, 20 g	65	0	0	16.5	1.5	13	0	0	0	0
IHOP Scrambled Egg 1 egg	70	5		1	0	0	7	70	240	
Jimmy Dean Premium Pork Regular Sausage 1/4 x 2 oz cooked, 14 g	45	3.75	1.25	0.25	0	0	2.5	105	11.25	
Grandy's White Gravy 1/2 x 1/4 cup	20	1		2.5			0			
Shoppers Value Mixed Fruit 1/2 x 1/2 cup, 63 g	40	0	0	9	0.5	7.5	0.5	2.5	0	0
Dannon Greek Yogurt - Plain (Container) 1 container, 150 g	80	0	0	6	0	6	15	50	10	160
Total	472	12.28	1.685	60.9	5.7	27.06	31.91	519.5	261.25	620
Lunch										
Utz Pub Mix 32 g	149	5.14	1.14	21.72	2.29	2.29	3.43	377.19	0	
Chicken Stir Fry 1 cup	186	10.07	3.245	6.45	1.3	3.62	17.32	678	154	
365 Organic Asian Stir Fry Vegetables 1 3/4 cups, 227 g	110	1.5	0	17	5	2	7	45	0	

Tuesday, November 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fried Rice 1/4 cup	83	3.08	0.563	10.42	0.3	0.38	3.12	205	26	50
Sun Chips Original (Package) 1 package, 1.5 oz	210	10	1	28	4	3	3	180	0	
Luna Luna Bar - Salted Caramel Cashew 1 bar, 42 g	170	8	1.5	21	2	5	6	210	0	100
Total	908	37.79	7.448	104.59	14.89	16.29	39.87	1695.19	180	150
Dinner										
Capital Grille Wedge Salad with Blue Cheese & Bacon 1 salad	560	53	53	12	4	7	13	790	65	
Beef Tenderloin (Lean Only, Trimmed to 1/4" Fat, Prime Grade) 12 oz	575	30.11	12.043	0	0		70.69	184	211	1249
Mashed Potato 1 cup	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
Cooked Brussels Sprouts (Fat Added in Cooking) 1/2 cup	44	2.22	0.425	5.53	2	1.34	1.98	215	0	245
Total	1389	92.76	67.129	50.54	8.7	11.24	89.45	1674	278	2040
Snacks/Other										
NoGii Protein D'lites 1 bar, 28 g	120	4.5	2	13	1	8	7	90	0	
Great Value Mixed Nuts 1/2 x 1/4 cup, 0.5 oz	85	7.5	1.25	2.5	1	0.5	3	42.5	0	95
Spring Valley Omega 3 Fish Oil 2 softgels, 1.2 g	30	2	0.5	0	0	0	1	0	15	

Tuesday, November 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Spring Valley Glucosamine Chondroitin	11	0	0	2.5			0	160	0	0
2 tablets										
thinkThin Unwrapped Protein Bites - Chocolate Almond Brownie	42	2	0.75	5.25	1.25	1.75	2.5	40	0	
1/4 x 8 pieces, 11 g										
Total	288	16	4.5	23.25	3.25	10.25	13.5	332.5	15	95
Total	3057	158.83	80.762	239.28	32.54	64.84	174.73	4221.19	734.25	2905