

## Sunday, November 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Atkins French Vanilla Shake 11 fl oz, 325 ml	160	9	3	2	1	1	15	200	10	270
Bacon 4 medium slices (yield after cooking)	173	13.37	4.396	0.46	0	0	11.85	739	35	181
Chobani 0% Plain Greek Yogurt (8 oz) 1/4 x 8 oz, 57 g	32	0	0	2.75	0	1.5	5.5	26.25	2.5	
Alpine Fresh Blueberries 1/4 x 1/2 cup, 18 g	10	0	0	2.5	0.5	1.75	0.25	0	0	0
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
<b>Total</b>	<b>471</b>	<b>29.27</b>	<b>9.29</b>	<b>8.42</b>	<b>1.5</b>	<b>4.63</b>	<b>39.69</b>	<b>1217.25</b>	<b>257.5</b>	<b>852</b>
<b>Lunch</b>										
Ranch Salad Dressing 1 tbsp	73	7.71		1	0.1	0.37	0.15	122	5	9
Food Lion Homestyle Cole Slaw 1/2 x 1/2 cup, 50 g	60	2.5	0.25	9	1	8	0.5	95	2.5	
German Style Potato Salad 1/4 cup	39	0.54	0.176	7.29	0.7	0.78	1.1	104	1	140
Baked Beans 1/4 cup	96	3.26	1.232	13.53	3.5		3.5	267	3	226
Cooked Green String Beans (Fat Added in Cooking) 1/2 cup, NS as to from fresh, frozen, or canned of	41	2.17	0.415	5.33	2.2	1.04	1.27	216	0	98

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Green Giant Whole Kernel Sweet Corn <small>1/2 cup, 123 g</small>	60	0.5	0	11	2	5	2	260	0	
Fried Battered Catfish <small>1 fillet (5" x 2-1/2" x 3/8")</small>	182	12.8	2.802	5.03	0.2	0.31	11.12	79	42	211
Wegmans BBQ Pulled Pork <small>5 oz, 140 g</small>	280	12	5	14	0	12	25	920	70	
Roasted Broiled or Baked Chicken Breast <small>1/2 medium (yield after cooking, bone removed)</small>	191	7.57	2.128	0	0	0	28.96	385	81	238
Barbecued Pork Spareribs with Sauce (Lean and Fat Eaten) <small>1 small (yield after cooking, bone removed)</small>	90	6.48	2.34	1.22	0.1	0.37	6.22	97	25	83
<b>Total</b>	<b>1112</b>	<b>55.53</b>	<b>14.343</b>	<b>67.4</b>	<b>9.8</b>	<b>27.87</b>	<b>79.82</b>	<b>2545</b>	<b>229.5</b>	<b>1005</b>
<b>Dinner</b>										
Homemade-Style Spaghetti Sauce with Meat and Vegetables <small>1 3/4 cups</small>	479	27.8	8.85	24.58	6.1	13.38	35.73	963	109	1495
Wild Harvest Mixed Greens & Spinach Salad <small>2 cups, 85 g</small>	20	0	0	3	2	0	2	50	0	0
Lettuce Salad with Assorted Vegetables <small>2 cups</small>	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Tuscan Garden Balsamic Vinaigrette Dressing <small>1 1/2 x 2 tbsp, 45 g</small>	135	13.5	1.5	3	0	3	0	525	0	
<b>Total</b>	<b>656</b>	<b>41.52</b>	<b>10.381</b>	<b>35.23</b>	<b>9.7</b>	<b>19.04</b>	<b>38.83</b>	<b>1568</b>	<b>109</b>	<b>1735</b>

### Snacks/Other

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	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Blue Diamond Almond Nut-Thins - Hint of Sea Salt Nut & Rice Cracker Snacks <small>1/2 x 17 crackers, 15 g</small>	65	1.25	0	12	0.5	0	1.5	40	0	
Russell Stover Sugar Free Crispy Caramel <small>16 g</small>	66	4.24	2.83	0.47	0	0	1.41	28.26	0	
Virginia Peanuts <small>1 oz</small>	160	13.82	1.803	4.69	2.4	1.12	7.14	3	0	196
thinkThin Unwrapped Protein Bites <small>1/2 x 8 pieces, 22 g</small>	85	3.5	1.25	11.5	2.5	3.5	5	100	0	
Russell Stover Sugar Free Caramel <small>10 g</small>	65	3.96	2.88	9.72	1.44	0	0.72	19.8	1.44	
Atkins Endulge Peanut Caramel Cluster Bar <small>1 bar, 34 g</small>	140	10	3	13	10	1	7	180	10	110
Spring Valley Glucosamine Chondroitin <small>2 tablets</small>	11	0	0	2.5			0	160	0	0
<b>Total</b>	<b>592</b>	<b>36.77</b>	<b>11.763</b>	<b>53.88</b>	<b>16.84</b>	<b>5.62</b>	<b>22.77</b>	<b>531.06</b>	<b>11.44</b>	<b>306</b>
<b>Total</b>	<b>2831</b>	<b>163.09</b>	<b>45.777</b>	<b>164.93</b>	<b>37.84</b>	<b>57.16</b>	<b>181.11</b>	<b>5861.31</b>	<b>607.44</b>	<b>3898</b>