

Sunday, November 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	471	29.27	9.29	8.42	1.5	4.63	39.69	1217.25	257.5	852
Lunch										
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
Total	1112	55.53	14.343	67.4	9.8	27.87	79.82	2545	229.5	1005
Dinner										
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	
Total	656	41.52	10.381	35.23	9.7	19.04	38.83	1568	109	1735

Snacks/Other

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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
Total	592	36.77	11.763	53.88	16.84	5.62	22.77	531.06	11.44	306
Total	2831	163.09	45.777	164.93	37.84	57.16	181.11	5861.31	607.44	3898