

Tuesday, November 21, 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
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Egg Omelet or Scrambled Egg with Onions, Peppers, Tomatoes and Mushrooms 3 large	518	39.76	9.883	17.53	3	10.96	24.19	914	653	800
Toasted Rye Bread 1 1/2 slices regular	102	1.3	0.248	19.12	2.3	1.52	3.38	261	0	66
Jam Preserves 1 individual packet	36	0.02	0.001	9.33	0.1	5.97	0.08	5	0	11
Butter 3/4 pat (1" sq, 1/3" high)	27	3.04	1.926	0	0	0	0.03	0	8	1
Total	850	53.26	15.072	48.26	6.4	19.45	43.53	1394	671	1482
Lunch										
Sargento Colby Jack Cheese Sticks 1 stick, 21 g	80	7	4.5	0.75	0	0	5	140	20	
Great Value Mixed Nuts 1/4 x 1/4 cup, 0 oz	42	3.75	0.62	1.25	0.5	0.25	1.5	21.25	0	47.5
Honey 1/2 tbsp	32	0	0	8.65	0	8.62	0.03	0	0	5
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Quaker Rice Cakes - Lightly Salted 1 cake, 9 g	35	0	0	7	0	0	1	15	0	0

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Total	283	18.81	6.767	20.78	1.5	10.35	11.54	249.25	20	156.5
Dinner										
Chicken Stir Fry	278	15.1	4.868	9.68	1.9	5.43	25.99	1017	231	
1 1/2 cups										
Cauliflower Rice	47	2.85	0.402	4.82	3.2	1.65	2.14	198	0	
1 cup										
Total	325	17.95	5.27	14.5	5.1	7.08	28.13	1215	231	
Snacks/Other										
Brach's Milk Maid Caramels	262	7	5.25	43.75	0	26.25	3.5	157.5	0	
1 3/4 x 4 pieces, 68 g										
thinkThin Unwrapped Protein Bites - Chocolate Almond Brownie	85	4	1.5	10.5	2.5	3.5	5	80	0	
1/2 x 8 pieces, 22 g										
Grippe's Bar-B-Q Flavored Potato Chips	280	16	5	32	2	8	4	420	0	
2 x 1 oz, 56 g										
Brach's Milk Maid Caramels	412	11	8.25	68.75	0	41.25	5.5	247.5	0	
2 3/4 x 4 pieces, 107 g										
Blue Diamond Almond Nut-Thins - Pecan Nut & Rice Cracker Snacks	195	5.25	0	34.5	1.5	0	3	195	0	
1 1/2 x 16 crackers, 45 g										
Great Value Mixed Nuts	42	3.75	0.62	1.25	0.5	0.25	1.5	21.25	0	47.5
1/4 x 1/4 cup, 0 oz										
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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Quaker Rice Cakes - Caramel Corn	50	0	0	11	0	3	1	30	0	
1 cake, 13 g										
Total	1367	49	21.12	204.25	6.5	82.25	24.5	1311.25	15	47.5
Total	2825	139.02	48.229	287.79	19.5	119.13	107.7	4169.5	937	1686