

## Tuesday, November 21, 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
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
<b>Total</b>	<b>850</b>	<b>53.26</b>	<b>15.072</b>	<b>48.26</b>	<b>6.4</b>	<b>19.45</b>	<b>43.53</b>	<b>1394</b>	<b>671</b>	<b>1482</b>
<b>Lunch</b>										
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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<b>Total</b>	<b>283</b>	<b>18.81</b>	<b>6.767</b>	<b>20.78</b>	<b>1.5</b>	<b>10.35</b>	<b>11.54</b>	<b>249.25</b>	<b>20</b>	<b>156.5</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>325</b>	<b>17.95</b>	<b>5.27</b>	<b>14.5</b>	<b>5.1</b>	<b>7.08</b>	<b>28.13</b>	<b>1215</b>	<b>231</b>	
<b>Snacks/Other</b>										
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										
Grippto'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										
<b>Total</b>	<b>1367</b>	<b>49</b>	<b>21.12</b>	<b>204.25</b>	<b>6.5</b>	<b>82.25</b>	<b>24.5</b>	<b>1311.25</b>	<b>15</b>	<b>47.5</b>
<b>Total</b>	<b>2825</b>	<b>139.02</b>	<b>48.229</b>	<b>287.79</b>	<b>19.5</b>	<b>119.13</b>	<b>107.7</b>	<b>4169.5</b>	<b>937</b>	<b>1686</b>