

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 |

Tuesday, November 21, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|-----------------------------------------------------------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|--------------|-------------------|
| 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 | | | | | | | | | | |

Tuesday, November 21, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|-------------------------------------|------------------------|--------------------|--------------------|----------------------|----------------------|----------------------|---------------------|---------------------|----------------------|---------------------------|
| 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 |