Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	367	28.19	23.57	11.77
Lunch	279	15.87	16.48	19.09
Dinner	365	18.85	19.39	32.11
Snacks/Other	381	32.93	16.21	11.84
Total	**1391**	**95.83**	**75.65**	**74.81**

Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ocean Spray Cranberries 1/2 cup, 50 g	30	0		6	2	2	0	0		
Silk Pure Almond Milk - Unsweetened Original 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	80	0	17.5
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Nature's Promise Organic Almond Butter 1/2 x 2 tbsp, 15 g	90	8	0.75	3.5	2	1	2.5	0	0	115
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
David Seeds Roasted and Salted Sunflower Seeds 1/4 x 1/4 cup without shells	48	3.75	0.38	1.25	1	0	2.25	33.75	0	
Lemons (with Peel) 0.17 fruit without seeds	4	0.06	0.007	1.96	0.9		0.22	1	0	27
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Total	338	24.91	7.647	25.13	15.2	6.51	9.47	115.75	0	276.5
Lunch										
Kirkland Signature Balsamic Vinegar of Modena 1 tbsp, 15 ml	10	0	0	2	0	2	0	0	0	
Reese Hearts of Palm 1/2 cup drained, 100 g	25	0		5	2		2	290	0	
Turkey Breast Meat and Skin (Pre-Basted, Cooked, Roasted)	107	2.94	0.833	0	0		18.85	338	36	211

Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 oz										
Fresh Express Spring Mix	30	0	0	4.5	1.5	0	3	75	0	
1 1/2 x 1 package, 213 g										
Private Selection Capers Non-Pareil	5	0	0	1	0	0	0	280	0	0
1 tbsp , 14 g										
Lindsay Large Black Olives	25	2.5	0	1	0	0	0	115	0	
4 olives , 15 g										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
B&G Pepperoncini	10	0	0	2	0	0	0	330	0	0
3 pieces, 1 oz										
Radishes	5	0.03	0.009	0.99	0.5	0.61	0.2	11	0	68
1/4 cup slices										
Cooked Beets (from Fresh)	51	1.92	0.355	8.14	1.6	6.47	1.37	255	0	249
1/2 cup whole										
Total	387	20.89	3.061	24.63	5.6	9.08	25.42	1694	36	528
Dinner										
Pesto	86	9.03	1.31	1.25	0.6	0.27	0.54	0	0	24
1 serving										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Cooked Green String Beans (from Fresh)	77	4.03	0.771	9.89	4	1.92	2.37	402	0	182
1 cup fresh										
Treasures from the Sea Boneless Tilapia Fillets	110	1.5	0	0	0	0	23	35	50	0
4 oz, 113 g										
Total	307	14.96	2.158	18.07	7.8	3.53	28.21	707	50	488

Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Great Value Mixed Nuts 2 x 1/4 cup, 2 oz	340	30	4	10	6	2	12	220	0	380
Zucchini 1/2 cup sliced	9	0.1	0.021	1.89	0.6	0.98	0.68	6	0	148
Baba Ghanouj 1 serving	114	9.73	0.594	5.36	1.7	1.09	2.25	579	0	78
Freshire Farms Baby Cut Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	270
Total	498	39.83	4.615	25.25	10.3	9.07	15.93	870	0	876
Total	**1530**	**100.59**	**17.481**	**93.08**	**38.9**	**28.19**	**79.03**	**3386.75**	**86**	**2168.5**

Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Silk Pure Almond Milk - Unsweetened Original 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	80	0	17.5
Nature's Promise Organic Almond Butter 1/2 x 2 tbsp, 15 g	90	8	0.75	3.5	2	1	2.5	0	0	115
Bob's Red Mill Organic 100% Whole Ground Golden Flaxseed Meal 2 tbsp, 13 g	60	4.5	0.5	4	4	0	3	0	0	0
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Wyman's Fresh Frozen Wild Blueberries 1 cup, 140 g	60	0	0	18	6	10	0	0	0	95
Walnuts 2 nuts	52	5.22	0.49	1.1	0.5	0.21	1.22	0	0	35
Total	**457**	**39.97**	**19.74**	**27.1**	**13**	**11.21**	**7.22**	**80**	**0**	**262.5**
Lunch										
Progresso Balsamic Vinegar 1 tbsp, 15 ml	10	0		2	0	0	0	0	0	
Trader Joe's Organic Tofu 2" cube, 3 oz	60	3	0	0	0	0	8	20	0	
Cherry Tomatoes 3 cherry	9	0.1	0.023	2	0.6	1.34	0.45	3	0	

Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Private Selection Capers Non-Pareil 1 tbsp , 14 g	5	0	0	1	0	0	0	280	0	0
Lindsay Large Black Olives 4 olives , 15 g	25	2.5	0	1	0	0	0	115	0	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
B&G Pepperoncini 3 pieces, 1 oz	10	0	0	2	0	0	0	330	0	0
Radishes 1/4 cup slices	5	0.03	0.009	0.99	0.5	0.61	0.2	11	0	68
Fresh Express Spring Mix 1 1/2 x 1 package, 213 g	30	0	0	4.5	1.5	0	3	75	0	
Total	273	19.13	1.896	13.49	2.6	1.95	11.65	834	0	68

Dinner

Kirkland Signature Boneless Skinless Chicken Thighs 2 x 4 oz, 224 g	316	18	6	0	0	0	42	158	204	
Cooked Cauliflower (Fat Not Added in Cooking) 1 cup	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
Kroger Beets 1/2 cup, 120 g	40	0	0	8	1	6	1	300	0	
Total	396	18.67	6.105	15.13	5.9	8.3	46.15	969	204	252

Snacks/Other

Wonderful Roasted & Salted Pistachios in Shells 1/2 cup with shells, 28 g	160	14	1.5	8	3	2	6	160	0	310
Baba Ghanouj	114	9.73	0.594	5.36	1.7	1.09	2.25	579	0	78

Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving										
Zucchini	9	0.1	0.021	1.89	0.6	0.98	0.68	6	0	148
1/2 cup sliced										
Carrots	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
1/2 cup strips or slices										
Total	308	23.98	2.138	21.09	7	6.84	9.5	787	0	731
Total	1434	101.75	29.879	76.81	28.5	28.3	74.52	2670	204	1313.5

Wednesday, November 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wyman's Fresh Frozen Wild Blueberries 1/2 x 1 cup, 70 g	30	0	0	9	3	5	0	0	0	47.5
Silk Pure Almond Milk - Unsweetened Original 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	80	0	17.5
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Nature's Promise Organic Almond Butter 1/2 x 2 tbsp, 15 g	90	8	0.75	3.5	2	1	2.5	0	0	115
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
David Seeds Roasted and Salted Sunflower Seeds 1/4 x 1/4 cup without shells	48	3.75	0.38	1.25	1	0	2.25	33.75	0	
Lemons (with Peel) 1/4 fruit without seeds	5	0.08	0.011	2.89	1.3		0.32	1	0	39
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Walnuts 2 nuts	52	5.22	0.49	1.1	0.5	0.21	1.22	0	0	35
Total	391	30.15	8.141	30.16	17.1	9.72	10.79	115.75	0	371
Lunch										
Beefy Minnestrone 2 servings	216	8.26	1.758	16.64	5	8.39	20.12	1247	45	806
Dinner										

Wednesday, November 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Extra Virgin Olive Oil 1 tsp	40	4.5	0.621	0	0	0	0	0	0	
Garlic 2 cloves	9	0.03	0.005	1.98	0.1	0.06	0.38	1	0	24
Zucchini 1 cup sliced	18	0.2	0.042	3.79	1.2	1.95	1.37	11	0	296
World Catch Wild Salmon 4 oz fillet, 113 g	130	4	1	0	0	0	23	240	60	
Cooked Brussels Sprouts (from Frozen, Fat Not Added in Cooking) 1 cup	65	0.6	0.125	12.82	6.4	3.21	5.61	392	0	446
Total	262	9.33	1.793	18.59	7.7	5.22	30.36	644	60	766
Snacks/Other										
Blue Diamond Smokehouse Almonds 2 x 28 nuts, 56 g	340	32	2	10	6	2	12	300	0	380
Celery 1 stalk medium (7-1/2" - 8" long)	6	0.07	0.017	1.19	0.6	0.73	0.28	32	0	104
Wholly Guacamole 100 Calorie Snack Pack 1 pouch, 57 g	100	9	1.5	5	3	0	1	170	0	330
Total	446	41.07	3.517	16.19	9.6	2.73	13.28	502	0	814
Total	**1315**	**88.81**	**15.209**	**81.58**	**39.4**	**26.06**	**74.55**	**2508.75**	**105**	**2757**

Thursday, November 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Onions 1/4 cup chopped	17	0.03	0.01	4.04	0.6	1.71	0.37	1	0	58
Wholly Guacamole 100 Calorie Snack Pack 1 pouch, 57 g	100	9	1.5	5	3	0	1	170	0	330
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Cooked Mushrooms (Fat Not Added in Cooking) 1/2 cup	22	0.37	0.048	4.1	1.7	1.71	1.68	186	0	276
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	353	26.46	10.676	15	6	4.32	16.49	521	423	798
Lunch										
Spinach 2 cups	14	0.23	0.038	2.18	1.3	0.25	1.72	47	0	335
Fresh Express Spring Mix 1 package, 142 g	20	0	0	3	1	0	2	50	0	
Reese Hearts of Palm 1/2 cup drained, 100 g	25	0		5	2		2	290	0	
Giant Eagle Cherry Tomatoes 1/2 x 5 tomatoes	15	0		3.5	1	2	0.5	4.5		201.5
Private Selection Capers Non-Pareil 1 tbsp , 14 g	5	0	0	1	0	0	0	280	0	0

Thursday, November 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lindsay Large Black Olives 4 olives , 15 g	25	2.5	0	1	0	0	0	115	0	
Acme Smoked Nova Salmon 1 1/2 x 2 oz, 84 g	105	3.75	0.75	0	0	0	19.5	1185	45	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
B&G Pepperoncini 3 pieces, 1 oz	10	0	0	2	0	0	0	330	0	0
Lemon Juice (Canned or Bottled) 1 tbsp	3	0.04	0.006	0.97	0.1	0.36	0.06	3	0	15
Total	341	20.02	2.658	18.65	5.4	2.61	25.78	2304.5	45	551.5

Dinner

Pesto 1 serving	86	9.03	1.31	1.25	0.6	0.27	0.54	0	0	24
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Cooked Broccoli (Fat Not Added in Cooking) 1 1/2 cups, flowerets	51	0.6	0.115	10.39	4.8	2.01	3.45	404	0	423
Stop & Shop Baby Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	0
Shadybrook Farms Ground Turkey 93/7 4 oz, 112 g	160	8	2.5	0	0	0	22	85	80	
Total	392	24.63	9.925	19.64	7.4	7.28	26.99	554	80	447

Snacks/Other

Blue Diamond Smokehouse Almonds	170	16	1	5	3	1	6	150	0	190

Thursday, November 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
28 nuts, 28 g										
Zucchini	9	0.1	0.021	1.89	0.6	0.98	0.68	6	0	148
1/2 cup sliced										
Baba Ghanouj	114	9.73	0.594	5.36	1.7	1.09	2.25	579	0	78
1 serving										
Total	293	25.83	1.615	12.25	5.3	3.07	8.93	735	0	416
Total	1379	96.94	24.874	65.54	24.1	17.28	78.19	4114.5	548	2212.5

Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wyman's Fresh Frozen Wild Blueberries 1/2 x 1 cup, 70 g	30	0	0	9	3	5	0	0	0	47.5
Nature's Harvest Dry Roasted Pepitas 1/4 x 1/4 cup, 7 g	42	3.5	0.62	1	0.5	0	2	28.75	0	55
Ocean Spray Cranberries 1/2 cup, 50 g	30	0		6	2	2	0	0		
Silk Pure Almond Milk - Unsweetened Original 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	80	0	17.5
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Nature's Promise Organic Almond Butter 1/2 x 2 tbsp, 15 g	90	8	0.75	3.5	2	1	2.5	0	0	115
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Lemons (with Peel) 0.17 fruit without seeds	4	0.06	0.007	1.96	0.9		0.22	1	0	27
Walnuts 2 nuts	52	5.22	0.49	1.1	0.5	0.21	1.22	0	0	35
Total	383	29.53	8.367	28.06	14.4	8.21	9.44	109.75	0	297
Lunch										
Trader Joe's Organic Tofu 2" cube, 3 oz	60	3	0	0	0	0	8	20	0	
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63

Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cooked Beets (from Fresh) 1/2 cup whole	51	1.92	0.355	8.14	1.6	6.47	1.37	255	0	249
Radishes 1/4 cup slices	5	0.03	0.009	0.99	0.5	0.61	0.2	11	0	68
Cherry Tomatoes 3 cherry	9	0.1	0.023	2	0.6	1.34	0.45	3	0	
Lemon Juice (Canned or Bottled) 1 tbsp	3	0.04	0.006	0.97	0.1	0.36	0.06	3	0	15
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Spinach 2 cups	14	0.23	0.038	2.18	1.3	0.25	1.72	47	0	335
Total	338	24.1	3.922	14.84	4.1	9.59	18.06	478	211	730

Dinner

Curry sauce 1 serving	85	6.2	4.594	8.2	2.5	3.37	0.94	41	0	169
Cooked Cauliflower (Fat Not Added in Cooking) 1 cup	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Kirkland Signature Frozen Shrimp 8 shrimp, 4 oz	70	0	0	0	0	0	17	250	135	
Total	229	7.27	4.776	22.26	10.6	7.01	23.39	1072	135	703

Snacks/Other

Great Value Cashew Halves & Pieces	160	13	2.5	8	0	1	5	110	0	

Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 1 oz										
Blue Diamond Smokehouse Almonds	225	21.14	1.32	6.6	3.96	1.32	7.93	198.15	0	250.99
37 g										
Total	385	34.14	3.82	14.6	3.96	2.32	12.93	308.15	0	250.99
Total	1335	95.04	20.885	79.76	33.06	27.13	63.82	1967.9	346	1980.99

Saturday, November 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Nature's Harvest Dry Roasted Pepitas 1/4 x 1/4 cup, 7 g	42	3.5	0.62	1	0.5	0	2	28.75	0	55
Silk Pure Almond Milk - Unsweetened Original 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	80	0	17.5
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Nature's Promise Organic Almond Butter 1/2 x 2 tbsp, 15 g	90	8	0.75	3.5	2	1	2.5	0	0	115
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Wyman's Fresh Frozen Wild Blueberries 1/2 x 1 cup, 70 g	30	0	0	9	3	5	0	0	0	47.5
Lemons (with Peel) 0.17 fruit without seeds	4	0.06	0.007	1.96	0.9		0.22	1	0	27
Walnuts 2 nuts	52	5.22	0.49	1.1	0.5	0.21	1.22	0	0	35
Total	384	29.88	8.377	28.98	16.2	9.72	10.44	110.75	0	414
Lunch										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Beefy Minnestrone	216	8.26	1.758	16.64	5	8.39	20.12	1247	45	806

Saturday, November 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 servings										
Total	**246**	**10.76**	**1.758**	**17.64**	**6**	**8.39**	**21.12**	**1427**	**45**	**976**
Dinner										
Mushrooms	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
1 cup pieces or slices										
Spinach	21	0.35	0.057	3.27	2	0.38	2.57	71	0	502
3 cups										
Giant Eagle Cherry Tomatoes	15	0		3.5	1	2	0.5	4.5		201.5
1/2 x 5 tomatoes										
Garlic	4	0.02	0.003	0.99	0.1	0.03	0.19	1	0	12
1 clove										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Good Grains Flax Seed Meal	60	2.5	0	5	4	0	5	15	0	170
2 tbsp, 15 g										
Trader Joe's Organic Virgin Coconut Oil	120	14	12	0			0	0	0	
1 tbsp, 15 ml										
Bumble Bee Solid White Albacore Tuna in Water (2 oz)	120	0	0	0	0	0	26	280	50	210
2 x 1/3 cup drained, 170 g										
Total	**429**	**22.08**	**13.645**	**15.44**	**7.8**	**3.95**	**42.71**	**445.5**	**262**	**1385.5**
Snacks/Other										
Dry or Hard Salami	77	6.01	2.122	0.76	0	0	4.64	402	20	76
4 slices (1-3/4" dia x 1/8" thick)										
Mixed Nuts in Shell	169	16.81	2.208	3.65	2.1	0.78	3.85	1	0	143
1 cup, in shell, edible yield										
Total	**246**	**22.82**	**4.33**	**4.41**	**2.1**	**0.78**	**8.49**	**403**	**20**	**219**

Saturday, November 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1305	85.54	28.11	66.47	32.1	22.84	82.76	2386.25	327	2994.5

Sunday, November 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Garlic 1 clove	4	0.02	0.003	0.99	0.1	0.03	0.19	1	0	12
Trader Joe's Just Almond Meal 1/4 x 1/4 cup, 8 g	45	3.75	0.25	1.25	0.75	0.25	1.75	0	0	
Bob's Red Mill Flaxseed Meal 1/2 x 2 tbsp, 6.5 g	30	1.75	0	2	2	0	1.5	2.5	0	
Cooked Young Green Onions (from Fresh, Fat Not Added in Cooking) 1 medium (4-1/8" long)	5	0.03	0.005	1.08	0.4	0.34	0.27	23	0	37
Silk Pure Almond Milk - Unsweetened Original 1/4 x 1 cup, 60 ml	8	0.62	0	0.25	0.25	0	0.25	40	0	8.75
Cooked Young Green Onions (from Fresh, Fat Not Added in Cooking) 1 medium (4-1/8" long)	5	0.03	0.005	1.08	0.4	0.34	0.27	23	0	37
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Cooked Mushrooms (Fat Not Added in Cooking) 1/4 cup	11	0.18	0.024	2.05	0.9	0.85	0.84	93	0	138
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Total	**262**	**16.44**	**3.405**	**10.56**	**5.5**	**2.71**	**18.51**	**346.5**	**423**	**366.75**
Lunch										
Turkey meatball soup 2c/serving 1 serving	153	7.92	1.663	9.5	2.3	2.76	11.49	541	56	202

Sunday, November 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Land O'Lakes Traditional Half & Half 2 x 2 tbsp, 60 ml	80	6	4	2	0	2	2	40	30	
Silk Pure Almond Milk - Unsweetened Original 1 cup, 240 ml	30	2.5	0	1	1	0	1	160	0	35
Scallions or Spring Onions 1 medium (4-1/8" long)	5	0.03	0.005	1.1	0.4	0.35	0.27	2	0	41
Tomatoes 1/2 cup chopped or sliced	16	0.18	0.041	3.53	1.1	2.37	0.79	4	0	213
Cooked Clams 8 large	274	12.21	2.434	16.81	0.8	1.29	22.56	608	85	518
Cooked Red Peppers 1/4 cup	13	0.56	0.106	2.19	0.7	1.52	0.36	5	0	76
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Total	537	34.98	8.45	26.63	4	7.53	26.98	819	115	883
Snacks/Other										
Great Value Cashew Halves & Pieces 2 x 1/4 cup, 2 oz	320	26	5	16	0	2	10	220	0	
Mixed Nuts in Shell 1 cup, in shell, edible yield	169	16.81	2.208	3.65	2.1	0.78	3.85	1	0	143
Total	489	42.81	7.208	19.65	2.1	2.78	13.85	221	0	143
Total	**1441**	**102.15**	**20.726**	**66.34**	**13.9**	**15.78**	**70.83**	**1927.5**	**594**	**1594.75**