Wednesday, April 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Heinz Ketchup Reduced Sugar 1 cucharada, 16 g	12	0	0	3	0	1	0	192	0	0
Oroweat Pan 7 Granos 1 rebanada, 42.5 ml	122	1.5	0.5	23	1	4	4	180	0	
Aguacate 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
FUD Jamon Pechuga de Pavo 2 x 2 rebanadas, 41.6 g	34	0.2	0	2.2	0	0.4	6	410	0	0
Huevo Revuelto 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	447	24.28	7.352	34.45	4.4	7.16	24.01	997	400	382
Lunch										
Nueces 1/4 cup chopped	196	19.56	1.838	4.11	2	0.78	4.57	1	0	132
Quesadilla de Pollo 1/2 serving (180 g)	234	8.47	1.713	25.14	1.6	1.04	13.32	597	28	
Total	430	28.03	3.551	29.25	3.6	1.82	17.89	598	28	132
Dinner										
Coctel de Camarones 4 shrimp with sauce	78	0.73	0.102	6.67	1.8	3.4	10.06	727	114	170
Cangrejo Azul 40 g	35	0.43	0.089	0.02	0		7.22	117	31	132
Pie de Limón 60 g	190	9.66	1.474	25.56	1.6		1.8	224	0	39
Total	303	10.82	1.665	32.25	3.4	3.4	19.08	1068	145	341

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Snacks/Other										
Lenny & Larry's The Complete Cookie 1/2 galleta, 56.5 g	180	6	1.5	24	4	14	8	110	0	0
Nature's Heart Veggie Chips 1 taza, 40 g	203	12.5	3	20.7		5	1.9			
Ciel Agua Natural 900 ml	0	0	0	0	0	0	0	40.5		
Barilla Fusilli 54 g	186	0.97	0	38.12	1.67	1.08	6.26	2.7		
Hummus 1 tbsp	27	1.29	0.168	3.02	0.6	0.07	0.73	36	0	26
La Costeña Zanahorias en Escabeche 1 porción, 30 g	5	0	0	2	1	0	0	300		
Patatas Cocidas 1/4 cup	34	0.04	0.01	7.8	0.8	0.33	0.67	94	0	128
Nueces de Macadamia 30 g	215	22.73	3.618	4.15	2.6	1.37	2.37	2	0	110
Arándanos 20 berries	16	0.09	0.008	3.94	0.7	2.71	0.2	0	0	21
Activia Ciruela Pasa (Botella) 1 botella, 240 g	200	4	2	35	0.2	31	6	100		
Total	1066	47.62	10.304	138.73	11.57	55.56	26.13	685.2	0	285
Total	**2246**	**110.75**	**22.872**	**234.68**	**22.97**	**67.94**	**87.11**	**3348.2**	**573**	**1140**