Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 5 medium (1-1/4" dia)	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Kale 2 cups chopped	67	0.94	0.122	13.41	2.7		4.42	58	0	599
Total	158	1.35	0.17	37.08	7.2	17.14	5.18	60	0	839
Lunch										
Cooked Mixed Vegetables (Corn, Lima Beans, Peas, Green Beans and Carrots) 1 cup	151	3.96	0.748	23.82	8	5.72	5.2	466	0	307
Roasted Broiled or Baked Chicken Breast 0.4 small (yield after cooking, bone removed)	131	5.19	1.459	0	0	0	19.86	264	56	163
Total	282	9.15	2.207	23.82	8	5.72	25.06	730	56	470
Dinner										
Five Guys Fries (1/2 Regular) 1 serving, 122 g	310	15	3	39	3	1	5	45	0	
Beef or Calves Liver and Onions 1 slice with onions	177	4.22	1.329	10.04	0.7	2.46	24.05	390	335	399
Total	487	19.22	4.329	49.04	3.7	3.46	29.05	435	335	399
Snacks/Other										
Planters Unsalted Dry Roasted Peanuts	510	42	6	15	6	3	24	15	0	630

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3 x 39 pieces, 3 oz										
Blueberries	124	0.72	0.061	31.52	5.2	21.66	1.61	2	0	167
1 1/2 cups										
Total	634	42.72	6.061	46.52	11.2	24.66	25.61	17	0	797
Total	1561	72.44	12.767	156.46	30.1	50.98	84.9	1242	391	2505