Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Golden Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
365 Organic Raw Cashews 1/4 cup, 28 g	150	12	2	8	1	2	5	0	0	
Private Selection Black Forest Ham 2 x 2 slices, 4 oz	140	4	2	2	0	2	20	1160	60	
Total	362	16.23	4.038	29.06	4.3	18.33	25.36	1161	60	
Lunch										
Sprouts 1/2 cup	8	0.13	0.017	1.31	0.6	0.52	1.01	2	0	30
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Ground Beef (80% Lean / 20% Fat, Patty, Cooked, Broiled) 1 patty	209	13.72	5.21	0	0	0	19.83	58	70	234
Smashburger Sweet Potato Fries 1/2 x 1 serving	195	9	3.5	27	3.5	9.5	1.5	100	5	
Udi's Gluten Free Hamburger Bun 1 bun, 74 g	190	6	0.5	35	4	4	5	390	0	
Total	732	40.85	11.227	69.31	13.1	14.02	28.34	555	75	644
Dinner										
Snacks/Other										
Hard-Boiled Egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63

Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 large										
Total	**1172**	**62.38**	**16.899**	**98.93**	**17.4**	**32.91**	**59.99**	**1778**	**347**	**707**