

Sunday, April 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 10 oz	147	0.48	0	2.07	0	2.01	30.9	471	0	462
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	
Oscar Mayer Turkey Bacon (15g) 4 x 1 slice, 60 g	140	10	4	0	0	0	8	560		
Mushrooms 1/2 cup pieces or slices	8	0.12	0.018	1.15	0.4	0.58	1.08	2	0	111
Total	395	18.6	10.018	4.22	0.4	2.59	46.98	1203	25	573
Lunch										
Atkins Meal Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	23	12	2	16	250	10	210
Dinner										
Sea Cuisine Blackened Cajun Salmon 2 x 1 fillet, 8.2 oz	280	10		2	0	0	42	580	90	
Cooked Asparagus (from Fresh) 10 medium spears (5-1/4" to 7" long)	62	3.54	0.708	6.45	3	2.02	3.73	370	0	349
Total	342	13.54	0.708	8.45	3	2.02	45.73	950	90	349
Snacks/Other										
Quest Chocolate Chip Protein Cookie	250	17	10	19	9	0.5	15	220	30	0

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1 cookie, 59 g										
Moe's Southwest Grill Guacamole (Side)	60	5	1	4	2	1	1	220	0	
1 serving										
Moe's Southwest Grill Cheese	110	9		0	0	0	7	180	30	
1 serving										
Moe's Southwest Grill Shredded Lettuce	4	0		1		1	0	3		
1 serving										
Moe's Southwest Grill Steak	140	7	3	0	0	0	19	380	50	
1 serving										
Moe's Southwest Grill Grilled Peppers	30	2	0	3	2	1	0	50	0	
1 serving										
Total	594	40	14	27	13	3.5	42	1053	110	0
Total	1581	86.14	32.726	62.67	28.4	10.11	150.71	3456	235	1132