Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cheerios 3/4 x 1 1/2 cups, 29 g	75	1.5	0.38	15	2.25	0.75	2.25	105	0	135
Arrowhead Mills Puffed Wheat Cereal 1 cup, 16 g	60	0	0	12	2	0	3	0	0	55
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	330	5.39	0.512	79.95	22.35	15.18	9.54	396	0	882
Lunch										
Chewy Trail Mix Bars - Dark Chocolate Cherry 1 bar, 35 g	140	4	1	25	3	13	2	65		
Grapes (American Type, Slip Skin) 20 grapes	32	0.17	0.055	8.23	0.4	7.8	0.3	1	0	92
Mushrooms 3 small	7	0.1	0.015	0.98	0.3	0.5	0.93	2	0	95
Bell Peppers 1/2 medium (approx 2-3/4" long, 2-1/2" dia)	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	
Radish 3 medium (3/4" to 1" dia)	2	0.01	0.004	0.46	0.2	0.29	0.09	5	0	31
Hidden Valley Ranch Salad Dressing	280	28	5	4	0	2	2	520	20	

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 2 tbsp, 60 ml										
Grilled Chicken	134	7.65	2.131	0	0	0	15.35	229	49	
2 oz boneless										
Publix Hearts of Romaine Lettuce	15	0		3	1		1			
1 1/2 cups, 85 g										
Total	625	40.11	8.24	45.26	6.1	26.09	22.26	823	69	218
Dinner										
Tomatoes	14	0.16	0.037	3.14	1	2.1	0.7	4	0	190
4 medium slices (1/4" thick)										
Hellmann's Mayonnaise with Extra Virgin Olive Oil	60	6	1	0.5	0	0	0	120	5	
1 tbsp, 14 g										
clover valley spicy brown mustard	0	0	0	0.05	0	0	0	80	0	0
1 tsp, 5 g										
Tuna in Water (Canned)	66	0.46	0.133	0	0	0	14.46	192	17	134
2 oz										
Sweet Pickle Relish	20	0.07	0.008	5.26	0.2	2.4	0.06	122	0	4
1 tbsp										
Ripe Plantain	73	0.22	0.086	19.12	1.4	8.99	0.78	2	0	299
0.335 medium										
Flatout Foldit Protein Ancient Grains	130	3	0	17	7	1	10	340	0	
1 flatbread, 51 g										
Total	363	9.91	1.264	45.07	9.6	14.49	26	860	22	627
Snacks/Other										
Peanut Butter	9	0.81	0.165	0.31	0.1	0.15	0.4	7	0	10
0.1 tbsp										

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ritz Crackers - Fresh Stack 5 crackers, 16 g	80	4.5	1	10	0	1	1	105	0	15
ruby rockets orbit orange 1bar	30	0	0	7	0	4	0	10	0	
Tree Top Natural Apple Sauce 1/2 cup, 126 g	70	0	0	18	2	15	0	0	0	150
Tap Water 59 fl oz	0	0	0	0	0	0	0	35	0	
Coffee with Cream 16 fl oz	70	3.94	3.592	7.79	0	6.05	1.04	31	0	
Sweet Perry Orchards Power Play 1 pouch, 21 g	110	6	1	5	3	0	8	70	0	
Nature Valley Crunchy Granola Bars - Oats 'N Honey 2 bars, 42 g	190	6	0.5	29	2	12	4	160	0	
Total	559	21.25	6.257	77.1	7.1	38.2	14.44	418	0	175
Total	**1877**	**76.66**	**16.273**	**247.38**	**45.15**	**93.96**	**72.24**	**2497**	**91**	**1902**