Thursday, September 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Atkins French Vanilla Shake	160	9	3	2	1	1	15	200	10	270
11 fl oz, 325 ml										
Lunch										
Dinner										
Newman's Own Olive Oil & Vinegar Dressing	150	16	2.5	1	0	1	0	150	0	0
2 tbsp, 30 g										
Mixed Salad Greens	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
3 cups shredded or chopped										
Kroger Pork Country Style Ribs	320	18	6	0	0	0	46	700	100	
2 x 4 oz, 224 g										
Cooked Cauliflower (from Fresh)	187	12.83	2.354	15.6	10.1	5.27	6.9	1127	0	534
3 cups pieces										
Total	685	47.23	10.917	21.88	13.4	7.72	55.41	2025	100	1014
Snacks/Other										
Hormel Turkey Pepperoni	70	4	1.5	0	0	0	9	640	40	
17 slices, 30 g										
Smirnoff Vodka (1 oz)	552	0	0	0	0	0	0	0	0	
8 x 1 serving, 8 oz										
Hormel Turkey Pepperoni	140	8	3	0	0	0	18	1280	80	
2 x 17 slices, 60 g										
Trader Joe's Roasted & Salted Pepitas	170	15	2.5	4	2	0	9	70	0	
1/4 cup, 30 g										
Mt. Olive Kosher Dill Pickles	30	0	0	6	0	0	0	1560	0	

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6 x 1/2 pickle, 168 g										
Kraft Natural Mozzarella String Cheese	80	6	3.5	0	0	0	7	190	20	
1 stick, 1 oz										
Total	1042	33	10.5	10	2	0	43	3740	140	
Total	1887	89.23	24.417	33.88	16.4	8.72	113.41	5965	250	1284