Wednesday, November 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Aunt Jemima Quick Grits 1/4 cup dry, 37 g	130	0.5	0	29	2	0	3	0	0	
Fried Egg without Fat 1 large	73	4.93	1.537	0.38	0	0.38	6.24	223	210	66
Spartan Honey Deli Ham 2 oz , 56 g	60	2	0.5	3		3	9	750	25	
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Total	323	11.93	2.537	37.38	7	3.38	21.24	973	235	66
Lunch										
Publix Blueberry Greek Yogurt 1 container, 150 g	130	0	0	19		17	13	45	0	
Meatless Broccoli Quiche 1 piece (1/8 9" dia)	316	23.89	11.049	16.07	1.3	1.05	9.91	292	144	
Total	446	23.89	11.049	35.07	1.3	18.05	22.91	337	144	
Dinner										
Progresso Vegetable Classics Lentil with Roasted Vegetables 2 x 1 cup , 498 g	200	1	0	40	8	2	12	1380	0	
Colby Jack Cheese 1 slice	80	7		0			5			
Old Fashioned Bread 2 x 1 slice, 52 g	140	2	0	30	0	4	4	280	0	
Reduced Fat Mayo with Olive Oil 1 tbsp, 15 g	45	4	0	2	0	1	0	90	5	

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Total	465	14	0	72	8	7	21	1750	5	
Snacks/Other										
Farm Stand Apple Cider Donut 2 x 1 donut	402	12	4	66	2		6	400	62	0
Total	1636	61.82	17.586	210.45	18.3	28.43	71.15	3460	446	66