Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Subway 6" Black Forest Ham, Egg White & Cheese 1 sandwich, 203 g	350	13	4	39	2	0	24	1150	25	0
Lunch										
Dinner										
Turkey Light or Dark Meat (with Skin, Bone Removed, Smoked, Cooked) 5 oz boneless	295	13.75	4.013	0	0	0	39.83	1412	116	397
Red Tomatoes 1 1/2 large whole (3" dia)	49	0.55	0.126	10.7	3.3	7.18	2.4	14	0	647
Smoked Salmon 6 oz boneless	199	7.35	1.58	0	0	0	31.09	1334	39	298
Cooked Asparagus 5 large spears (7-1/4" to 8-1/2" long)	39	2.21	0.443	4.03	1.9	1.26	2.33	231	0	218
Total	582	23.86	6.162	14.73	5.2	8.44	75.65	2991	155	1560
Snacks/Other										
Lindt Excellence Extra Fine Dark Chocolate 85% Cocoa 1/4 x 4 squares, 10 g	58	4.5	2.75	3.75	1.5	1.25	1.25	3.75	0	
Macadamia Nuts 1 1/2 oz (10-12 kernels)	305	32.22	5.129	5.88	3.7	1.94	3.36	2	0	156
Total	363	36.72	7.879	9.63	5.2	3.19	4.61	5.75	0	156
Total	**1295**	**73.58**	**18.041**	**63.36**	**12.4**	**11.63**	**104.26**	**4146.75**	**180**	**1716**