Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Banana	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Lunch										
Dried Apricots (Uncooked, Sulfured)	68	0.14	0.005	17.76	2.1	15.15	0.96	3	0	329
1 oz										
Boar's Head Londonport Top Round Seasoned Roast Beef	100	2.5	1.25	1.25	0	0	15	437.5	50	225
1 1/4 x 2 oz, 70 g										
Total	168	2.64	1.255	19.01	2.1	15.15	15.96	440.5	50	554
Dinner										
Salmon	124	5.04	1.072	0	0	0	18.39	39	38	360
3 oz boneless										
Cooked Broccoli (from Fresh)	43	2.17	0.407	5.62	2.6	1.08	1.85	233	0	228
1/2 cup fresh, cut stalks										
Cooked Red Peppers	13	0.56	0.106	2.19	0.7	1.52	0.36	5	0	76
1/4 cup										
Cooked Green Peppers	18	0.99	0.183	2.29	0.4	1.15	0.31	86	0	56
1/4 cup										
Total	198	8.76	1.768	10.1	3.7	3.75	20.91	363	38	720
Snacks/Other										
Dried Apricots (Uncooked, Sulfured)	68	0.14	0.005	17.76	2.1	15.15	0.96	3	0	329
1 oz										
Total	**539**	**11.93**	**3.16**	**73.82**	**11**	**48.48**	**39.12**	**807.5**	**88**	**2025**