Wednesday, June 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Caffe Latte with Soy (Tall) 1 serving, 12 oz	130	4	0.5	18	1	14	7	100	0	
Lunch										
Banana 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Kroger Seafood Salad 2 x 1/2 cup, 200 g	400	28	4	30	2	12	6	920	30	
Total	521	28.45	4.152	61.06	5.5	28.63	7.48	921	30	487
Dinner										
Haddock (Fish) 2 fillets	336	2.78	0.502	0	0	0	72.99	262	220	1200
Cherry Tomatoes 6 cherry	18	0.2	0.047	4	1.2	2.68	0.9	5	0	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Green Giant Hass Avocado 1/2 x 1/5 avocado, 25 g	75	7	1	4	3	0.5	1	2.5	0	230
Whole Fruit sorbet & Greek yogurt 1 c, 118 ml	100	0.5	0	22	0	21	4	15	5	
Trader Joe's Cilantro Salad Dressing 2 tbsp, 30 ml	45	3.5	0.5	2	0	1	1	120	0	
Sweet Red Peppers 1/4 cup chopped	10	0.11	0.022	2.25	0.7	1.56	0.37	1	0	79
White Grapes	83	0.19	0.065	21.72	1.1	18.58	0.86	2	0	

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24 grapes										
Total	695	14.68	2.199	61.25	9.3	46.77	83.63	455.5	225	1989
Snacks/Other										
Cheese	42	3.23	1.993	0.57	0	0.42	2.67	115	10	22
1/2 slice										
Total	1388	50.36	8.844	140.88	15.8	89.82	100.78	1591.5	265	2498