Thursday, July 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Pure Almond Milk - Original	30	1.25	0	4	0.5	3.5	0.5	80	0	30
1/2 x 1 cup, 120 ml										
Milk (Nonfat)	21	0.11	0.072	2.97	0	3.12	2.09	32	1	102
1/4 cup										
Total	51	1.36	0.072	6.97	0.5	6.62	2.59	112	1	132
Lunch										
Tuna	122	1.08	0.266	0	0	0	26.51	42	51	503
4 oz boneless										
White Rice	255	0.55	0.15	55.1	0.8	0.1	5.25	721	0	69
1 1/4 cups cooked										
Total	377	1.63	0.416	55.1	0.8	0.1	31.76	763	51	572
Dinner										
Miso Soup	84	3.36	0.622	7.78	1.9	2.59	6.02	998	0	367
1 cup										
Shrimp Tempura	16	0.31	0.074	1.14	0	0.05	2	47	18	
1 medium piece										
Vegetable Tempura	45	2.83	0.748	3.86	0.4	0.38	1.18	10	18	48
4 pieces										
White Rice	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
1 cup cooked										
Total	349	6.94	1.564	56.86	2.9	3.1	13.4	1632	36	470
Snacks/Other										
South Beach Diet High Protein Cereal Bar - Chocolate	140	5	3.5	15	3	7	10	150	0	170

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1 bar										
Kikkoman Instant Tofu Miso Soup (Soybean Paste with Tofu)	35	1	0	3	0	0	3	740	0	
1 packet, 10 g										
Total	175	6	3.5	18	3	7	13	890	0	170
Total	**952**	**15.93**	**5.552**	**136.93**	**7.2**	**16.82**	**60.75**	**3397**	**88**	**1344**