Monday, August 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jimmy Dean Turkey Sausage Patty	50	3.5	1	0.5	0	0.5	5.5	210	35	
1/2 x 1 patties, 26 g										
Strawberries	8	0.07	0.004	1.84	0.5	1.12	0.16	0	0	37
2 medium (1-1/4" dia)										
Midnight Beauty Black Seedless Grapes	28	0.31	0	7.49	0.31	7.18	0.31	0	0	0
43 g										
Avocados	91	8.31	1.205	4.84	3.8	0.37	1.13	4	0	275
2 oz										
Oroweat 100% Whole Wheat English Muffins	150	1.5	0	28	4	6	6	250	0	
1 muffin, 65 g										
Total	327	13.69	2.209	42.67	8.61	15.17	13.1	464	35	312
Lunch										
Cucumber (with Peel)	4	0.03	0.009	0.94	0.1	0.43	0.17	1	0	38
1/4 cup slices										
Baby Spinach	3	0.06	0.009	0.54	0.3	0.06	0.43	12	0	
1/2 cup										
Publix Red Bell Pepper	8	0	0	2	0.5	0	0.25	0	0	
1/4 x 1 medium pepper, 37 g										
Finlandia Imported Swiss Natural Cheese Deli Slices	80	6	4	0	0	0	6	50	20	
1 slice, 22 g										
Boar's Head Lower Sodium Turkey Breast	90	0.75	0	0	0	0	18	510	37.5	255
1 1/2 x 2 oz, 84 g										
Oroweat Sandwich Thins - 100% Whole Wheat	100	1	0	22	5	2	5	170	0	

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1 roll, 57 g										
Total	**285**	**7.84**	**4.018**	**25.48**	**5.9**	**2.49**	**29.85**	**743**	**57.5**	**293**
Dinner										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Oroweat 100% Whole Wheat English Muffins	150	1.5	0	28	4	6	6	250	0	
1 muffin, 65 g										
Onions	17	0.03	0.01	4.04	0.6	1.71	0.37	1	0	58
1/4 cup chopped										
Tomatoes	20	0.22	0.052	4.39	1.3	2.95	0.99	6	0	265
112 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Zucchini	10	0.11	0.023	2.08	0.7	1.07	0.75	6	0	162
1/2 cup chopped										
Boar's Head Lower Sodium Turkey Breast	75	0.62	0	0	0	0	15	425	31.25	212.5
1 1/4 x 2 oz, 70 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Total	**647**	**25.42**	**9.735**	**54.66**	**6.7**	**21.84**	**48.09**	**1066**	**690.25**	**914.5**
Snacks/Other										
Strawberries	15	0.14	0.007	3.69	1	2.24	0.32	0	0	73
4 medium (1-1/4" dia)										
Xagave Agave Nectar	20	0		4.62	0.66	3.96	0	0		
1/3 x 1 tbsp, 6 g										

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Bell Plantation PB2 Powdered Peanut Butter 1/2 x 2 tbsp, 6.5 g	22	0.75	0	2.5	1	0.5	2.5	47	0	
Daisy Low Fat 2% Small Curd Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	4	13	350	10	0
Total	147	3.39	1.507	14.81	2.66	10.7	15.82	397	10	73
Total	1406	50.34	17.469	137.62	23.87	50.2	106.86	2670	792.75	1592.5