# Saturday, July 11, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Milk (Nonfat)<br>1 cup | 86 | 0.44 | 0.287 | 11.88 | 0 | 12.47 | 8.35 | 127 | 5 | 407 |
| Uncle Tobys Vitabrits<br>1 1/2 x 2 biscuits (33.3 grams) | 188 | 1.05 | 0.6 | 33.75 | | 0.6 | 5.4 | | | |
| Grapes<br>1 cup, with seeds, yields | 106 | 0.25 | 0.083 | 27.87 | 1.4 | 23.84 | 1.11 | 3 | 0 | 294 |
| Total | 380 | 1.74 | 0.97 | 73.5 | 1.4 | 36.91 | 14.86 | 130 | 5 | 701 |
| **Lunch** | | | | | | | | | | |
| Danish style fetta reduced fat<br>200 g | 254 | 6 | 4 | 4 | | 0 | 42 | 2000 | | |
| Arugula (Rocket)<br>1/2 cup | 2 | 0.07 | 0.009 | 0.36 | 0.2 | 0.2 | 0.26 | 3 | 0 | 37 |
| Radicchio<br>4 cups shredded | 37 | 0.4 | 0.096 | 7.17 | 1.4 | 0.96 | 2.29 | 35 | 0 | 483 |
| Cucumber (with Peel)<br>1 1/2 cucumbers (8-1/4") | 68 | 0.5 | 0.154 | 16.39 | 2.3 | 7.54 | 2.93 | 9 | 0 | 664 |
| Low Calorie Salad Dressing<br>1 tbsp | 24 | 1.62 | 0.13 | 2.38 | 0.1 | 1.53 | 0.12 | 179 | 1 | 17 |
| Stuffed Green Olives<br>1 10 large serving | 59 | 6.08 | 0.805 | 1.85 | 1.4 | 0.4 | 0.48 | 616 | 0 | 27 |
| Tomatoes<br>4 medium whole (2-3/5" dia) | 89 | 0.98 | 0.226 | 19.29 | 5.9 | 12.94 | 4.33 | 25 | 0 | 1166 |
| Total | 533 | 15.65 | 5.42 | 51.44 | 11.3 | 23.57 | 52.41 | 2867 | 1 | 2394 |
| **Dinner** | | | | | | | | | | |
| Sushi Sushi Bento Box<br>1 serving, 420 g | 634 | 20.58 | 5.46 | 64.68 | 13.02 | 10.08 | 40.32 | 1293.6 | | |

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|---|---|---|---|---|---|---|---|---|---|---|
| Sushi Train Arubi Hotate | 159 | 7.9 | 1.1 | 16.2 | | 4.3 | 5 | 264.1 | | |
| 2 pieces | | | | | | | | | | |
| Sushi Train Gyoza | 180 | 8 | 1.8 | 19 | | 1.7 | 7.3 | 540 | | |
| 5 pieces, 110 g | | | | | | | | | | |
| Total | 973 | 36.48 | 8.36 | 99.88 | 13.02 | 16.08 | 52.62 | 2097.7 | | |
| **Snacks/Other** | | | | | | | | | | |
| White Table Wine | 366 | 0 | 0 | 11.47 | 0 | 4.23 | 0.31 | 22 | 0 | 313 |
| 3 5 fl oz servings | | | | | | | | | | |
| Hard Lollies | 197 | 0.1 | 0 | 49 | 0 | 31.45 | 0 | 19 | 0 | 2 |
| 50 g | | | | | | | | | | |
| Total | 563 | 0.1 | 0 | 60.47 | 0 | 35.68 | 0.31 | 41 | 0 | 315 |
| **Total** | **2449** | **53.97** | **14.75** | **285.29** | **25.72** | **112.24** | **120.2** | **5135.7** | **6** | **3410** |