Sunday, April 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boar's Head Mesquite Wood Smoked Skinless Turkey Breast 2 oz, 56 g	60	1	0	0	0	0	12	440	25	170
Cream Cheese 1/2 oz	49	4.94	3.114	0.38	0	0.03	1.07	42	16	17
Cheerios 1/2 cup	55	0.88	0.18	11.1	1.8	0.59	1.78	107	0	104
Cheddar Cheese 1 oz	114	9.4	5.98	0.36	0	0.15	7.06	176	30	28
Cream (Half & Half) 2 tbsps	39	3.45	2.147	1.29	0	0.05	0.89	12	11	39
Atkins Meal Peanut Butter Granola Bar 1/4 x 1 bar, 12 g	52	2.75	0.75	4.5	1.25	0.25	3.75	60	0	17.5
Z muffins lighted 1 serving	103	5.7	0.373	5.38	4.3	0.35	8.76	92	47	68
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Red Sweet Pepper 1/4 medium (approx 2-3/4" long, 2-1/2" dia)	8	0.09	0.018	1.79	0.6	1.25	0.29	1	0	63
Total	**485**	**28.3**	**12.571**	**24.8**	**7.95**	**2.67**	**36.17**	**939**	**129**	**738.5**
Lunch										
Cucumber (Peeled) 4 slices	3	0.04	0.004	0.6	0.2	0.39	0.17	1	0	38
Skinless Chicken Breast 3 oz boneless, cooked, skinless	92	1.04	0.277	0	0	0	19.4	55	49	

Sunday, April 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Tomatoes 3 cherry	9	0.1	0.023	2	0.6	1.34	0.45	3	0	121
San Francisco Soup Company Mixed Greens Salad without Dressing 1 salad	20	0	0	1	1	0	1	0	0	
Total	124	1.18	0.304	3.6	1.8	1.73	21.02	59	49	159
Dinner										
Bolthouse Farms Cilantro Avocado Yogurt Dressing 1/2 x 2 tbsp, 15 g	20	1.75	0.5	0.5	0	0.5	0.5	105	2.5	
Snacks/Other										
Cabernet Sauvignon Wine 1 1/4 5 fl oz servings	154	0		4.78			0.13			
Blue Bunny Sweet Freedom No Sugar Added Chocolate Ice Cream 1/2 cup, 67 g	100	3	2	17	7	5	4	55	10	240
Tortilla Corn Chips 1/2 10 chip serving	73	3.5	0.369	9.8	0.8	0.15	1.17	63	0	32
Peanut butter cookies 1/2 servings	48	3.9	0.629	3.64	0.9	0.45	2.03	51	0	9
Chocolate Chips 20 pieces	48	3	1.775	6.31	0.6	5.45	0.42	1	0	
Snyder's of Hanover Mini Pretzels 19 pretzels, 28 g	110	0	0	25	0	1	3	250	0	
Kroger Natural Crunchy Peanut Butter 3/4 x 2 tbsp, 24 g	142	12	1.5	4.5	1.5	1.5	6	90	0	

Sunday, April 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	675	25.4	6.273	71.03	10.8	13.55	16.75	510	10	281
Total	**1304**	**56.63**	**19.648**	**99.93**	**20.55**	**18.45**	**74.44**	**1613**	**190.5**	**1178.5**