Friday, March 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peach 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
Pacific Natural Foods Organic Unsweetened Almond Milk 1/2 x 1 cup, 4 oz	30	1.5	0	4	0	3.5	0.5	75	0	30
Atkins Advantage Peanut Butter Granola Bar 1/4 x 1 bar, 12 g	52	2.75	0.75	2	1.25	0	3.75	60	0	17.5
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Z muffins lighted 1/2 servings	61	4.02	0.27	3.06	2.4	0.22	3.96	41	23	31
Total	186	8.6	1.048	18.41	5.15	11.94	9.67	185	23	496.5
Lunch										
Newman's Own Lighten Up Balsamic Vinaigrette Dressing 1/2 x 2 tbsp, 15 g	22	2	0.25	1	0	1	0	175	0	
Cucumber (Peeled) 20 slices	17	0.22	0.018	3.02	1	1.93	0.83	3	0	190
Tomatoes 1/2 plum	6	0.06	0.014	1.22	0.4	0.82	0.27	2	0	73
San Francisco Soup Company Mixed Greens Salad without Dressing 2 x 1 salad	40	0	0	2	2	0	2	0	0	
Swift Premium Pork Loin Tenderloin 4 oz, 112 g	120	2.5	1	1	0	0	24	70	45	0
Total	205	4.78	1.282	8.24	3.4	3.75	27.1	250	45	263

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Dinner										
Wylwood California Medley 3/4 cup, 85 g	25	0	0	3	2	2	2	15	0	0
Sea Best Grouper Fillets 4 oz raw, 113 g	100	1	0	0	0	0	22	70	55	0
Wegmans Sweet Potato Fries 1/3 x 18 pieces, 1 oz	46	0.99	0.16	7.59	1.32	2.31	1.32	37.95	0	92.4
Total	171	1.99	0.16	10.59	3.32	4.31	25.32	122.95	55	92.4
Snacks/Other										
cinnamon cookie 1 serving	84	7.98	3.016	2.24	1.7	0.2	2.16	59	25	7
Yellow Tail Chardonnay 2 x 1 serving, 12 oz	228	0		7.2	0	3.4	1.2	12	0	
Trader Joe's 73% Organic Dark Chocolate 1/3 x 4 sections, 11 g	59	3.96	2.31	4.95	1.32	2.97	0.66	0	0	
Beanitos Black Bean Chips 6 g	30	1.5	0.11	3.21	1.07	0	0.86	11.77	0	47.51
Wholly Guacamole Classic Guacamole 2 tbsp, 30 g	60	5	1	3	2	0	1	105	0	170
Jay Robb Strawberry Whey Protein 1/2 x 1 scoop, 15 g	55	0	0	0.5	0	0	12.5	75	0	190
Chocolate Chips 10 pieces	24	1.5	0.888	3.16	0.3	2.72	0.21	1	0	
Justin's Nut Butter Natural Almond Butter - Classic 1/3 x 2 tbsp, 11 g	63	5.28	0.66	2.31	0.99	0.66	2.31	0	0	79.2

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Blue Bunny Fat Free No Sugar Added Vanilla Ice Cream	40	0	0	10	2.5	2.5	2	35	2.5	80
1/2 x 1/2 cup, 35.5 g										
Total	643	25.22	7.984	36.57	9.88	12.45	22.9	298.77	27.5	573.71
Total	**1205**	**40.59**	**10.474**	**73.81**	**21.75**	**32.45**	**84.99**	**856.72**	**150.5**	**1425.61**