Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 2 large (1-3/8" dia)	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Jay Robb Chocolate Whey Protein 1 scoop, 28 g	110	0	0	1	0	0	25	150	0	390
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
Cream Cheese 1/2 oz	49	4.94	3.114	0.38	0	0.03	1.07	42	16	17
Atkins Meal Peanut Butter Granola Bar 1/2 x 1 bar, 24 g	105	5.5	1.5	9	2.5	0.5	7.5	120	0	35
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Half and Half or Heavy Cream 2 individual containers	29	2.55	1.589	0.95	0	0.04	0.66	9	8	29
Total	348	15.78	6.235	16.88	4.8	3.5	36.33	511	24	991
Lunch										
Bolthouse Farms Chunky Blue Cheese Yogurt Dressing 1/2 x 2 tbsp, 15 g	18	1.25	0.5	0.5	0	0.5	1	67.5	2.5	
Cheddar Cheese 1/2 oz	57	4.7	2.99	0.18	0	0.07	3.53	88	15	14
Tomatoes 1/2 small whole (2-2/5" dia)	8	0.09	0.021	1.78	0.5	1.2	0.4	2	0	108

Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cucumber (with Peel) 1/4 cup slices	4	0.03	0.009	0.94	0.1	0.43	0.17	1	0	38
San Francisco Soup Company Mixed Greens Salad without Dressing 1 1/2 x 1 salad	30	0	0	1.5	1.5	0	1.5	0	0	
Total	117	6.07	3.52	4.9	2.1	2.2	6.6	158.5	17.5	160
Dinner										
Baked or Broiled Salmon 4 oz boneless (yield after cooking)	157	6.96	1.207	0.45	0	0.1	22.05	430	57	363
Snacks/Other										
Tortilla Corn Chips 0.2 10 chip serving	29	1.4	0.147	3.92	0.3	0.06	0.47	25	0	13
Avocados 0.2 avocado, NS as to Florida or California	64	5.89	0.855	3.43	2.7	0.27	0.8	3	0	195
Oatmeal Bake 1 serving	119	3.74	0.482	17.74	2.6	7.17	4.67	255	1	145
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
Kroger Natural Crunchy Peanut Butter 1/2 x 2 tbsp, 16 g	95	8	1	3	1	1	4	60	0	
Total	407	22.03	4.484	45.09	13.6	13.5	13.94	398	11	593
Total	**1029**	**50.84**	**15.446**	**67.32**	**20.5**	**19.3**	**78.92**	**1497.5**	**109.5**	**2107**