Wednesday, November 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scallions or Spring Onions 2 tbsps chopped	4	0.02	0.004	0.88	0.3	0.28	0.22	2	0	33
Onions 2 tbsps chopped	8	0.02	0.005	2.02	0.3	0.86	0.18	1	0	29
Feta Cheese 25 g	66	5.32	3.736	1.02	0	1.02	3.55	279	22	16
Egg 3 medium	194	13.12	4.091	1.02	0	1.02	16.61	185	558	177
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Jalapeno Peppers 1 pepper	4	0.09	0.009	0.83	0.4	0.48	0.19	0	0	30
Total	356	25.94	8.913	10.06	4.4	3.99	21.75	471	580	529
Lunch										
Back to Nature Jumbo Cashews 1/4 x 15 pieces, 0 oz	40	3.25	0.5	2.25	0.25	0.5	1.25	25	0	47.5
Onions 1 tbsp chopped	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
Grilled Chicken 100 g	237	13.49	3.758	0	0	0	27.07	405	87	
Blue Cheese 20 g	71	5.75	3.734	0.47	0	0.1	4.28	279	15	51
Arugula (Rocket) 3 cups	15	0.4	0.052	2.19	1	1.23	1.55	16	0	221
Newman's Own Balsamic Vinaigrette Dressing	90	9	1	3	0	1	0	350	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 30 g										
Total	457	31.9	9.047	8.92	1.35	3.26	34.24	1075	102	333.5
Dinner										
Planters Salted Peanuts (1 oz)	340	28	4	10	4	2	14	190	0	400
2 x 1 package, 2 oz										
Blueberries	12	0.07	0.006	2.96	0.5	2.03	0.15	0	0	16
15 berries										
Laura Scudder's Old Fashioned Peanut Butter Nutty	100	8	1.25	3	1	0.5	4	45	0	
1/2 x 2 tbsp, 16 g										
Fage Total 0% Greek Yogurt	97	0	0	6.74	0	6.74	17.23	63.66	7.49	0
170 g										
Total	549	36.07	5.256	22.7	5.5	11.27	35.38	298.66	7.49	416
Snacks/Other										
Whole Milk	37	1.98	1.138	2.76	0	3.21	1.96	24	6	87
1/4 cup										
Coffee-Mate Original Powder Creamer	15	0.75	0.75	1.5	0	0	0	0	0	0
1 1/2 x 1 tsp, 3 g										
Total	52	2.73	1.888	4.26	0	3.21	1.96	24	6	87
Total	**1414**	**96.64**	**25.104**	**45.94**	**11.25**	**21.73**	**93.33**	**1868.66**	**695.49**	**1365.5**