Monday, May 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Original Cereal 3/4 x 1/2 cup, 22 g	45	0.75	0	18.75	10.5	0	1.5	82.5	0	75
Milk (Nonfat) 2 oz	20	0.1	0.066	2.75	0	2.89	1.93	29	1	94
Dannon Light & Fit Greek - Cherry 1 container, 150 g	80	0	0	9	0	8	12	45	10	160
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage 1/4 x 1 cup, 2 oz	8	0.62	0	0.5	0.25	0	0.25	45	0	42.5
Total	**153**	**1.47**	**0.066**	**31**	**10.75**	**10.89**	**15.68**	**201.5**	**11**	**371.5**
Lunch										
Strawberries 4 oz	36	0.34	0.017	8.71	2.3	5.28	0.76	1	0	174
Chobani Nonfat Plain Greek Yogurt (170g) 134 g	80	0	0	5.59	0	5.12	13.71	63.04	7.88	
Litehouse Foods Opa Greek Yogurt Ranch 3/4 x 2 tbsp, 22 ml	45	3.75	0	1.5	0	0	1.5	180	3.75	
Lettuce Salad with Assorted Vegetables 4 cups	44	0.44	0.061	9.3	3.3	5.33	2.19	59	0	480
Lascco Nova Smoked Salmon 1 1/2 x 2 oz, 85.5 g	165	9	1.5	6	0	1.5	16.5	975	45	0
Total	**370**	**13.53**	**1.578**	**31.1**	**5.6**	**17.23**	**34.66**	**1278.04**	**56.63**	**654**
Dinner										

Monday, May 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Menchies Angel Food Cake No Sugar Low Carb 2 x 1/2 cup, 8 oz	90	0		22	6	6	6	80	0	
Kona Grill Spicy Yellowtail Roll 1 roll	330	6		51	2	11	18	790	25	
Kona Grill Spider Roll 1 roll	530	18		73	3	28	18	1450	50	
Total	950	24		146	11	45	42	2320	75	
Snacks/Other										
Simply Lite Sugar Free Dark Chocolate 3 squares, 25 g	100	8	5	4	3	0	1	0	0	
Silk Pure Almond Milk - Unsweetened Original 1 1/4 x 1 cup, 300 ml	38	3.12	0	1.25	1.25	0	1.25	200	0	43.75
Kind Healthy Grains Peanut Butter Dark Chocolate 1 bar, 35 g	150	5	1	24	3	8	3	85	0	
Total	288	16.12	6	29.25	7.25	8	5.25	285	0	43.75
Total	**1761**	**55.12**	**7.644**	**237.35**	**34.6**	**81.12**	**97.59**	**4084.54**	**142.63**	**1069.25**