Thursday, March 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage 1/2 x 1 cup, 4 oz	15	1.25	0	1	0.5	0	0.5	90	0	85
Simply Nature Freeze Dried Peaches 7 g	27	0	0	6.39	0	4.33	0.21	2.06	0	
Dannon Light & Fit Greek - Cherry 1 container, 150 g	80	0	0	9	0	8	12	45	10	160
Total	122	1.25	0	16.39	0.5	12.33	12.71	137.06	10	245
Lunch										
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Lettuce Salad with Assorted Vegetables 5 1/2 cups	61	0.61	0.084	12.78	4.5	7.33	3.01	81	0	659
Yellow Sweet Corn 2 oz	49	0.67	0.103	10.78	1.5	1.83	1.83	9	0	153
Frieda's Edamame (Shelled) 1/2 x 1/2 cup, 37 g	50	1.5	0	5	2.5	1	4	5	0	
Steamed or Boiled Shrimp 5 jumbo (shelled)	69	1.13	0.214	0.6	0	0	13.25	295	99	85
Bolthouse Farms Cilantro Avocado Dressing 1 1/2 x 2 tbsp, 45 g	60	5.25	1.5	1.5	0	1.5	1.5	315	7.5	
Strawberries 4 1/4 oz	39	0.36	0.018	9.25	2.4	5.61	0.81	1	0	184
Fiber One Original Cereal	22	0.37	0	9.18	5.14	0	0.73	40.37	0	36.7

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11 g										
Dannon Oikos Greek Nonfat Yogurt - Plain (Container)	80	0	0	6	0	6	15	50	10	160
1 container, 150 g										
Total	499	10.11	1.919	56.05	16.04	24.21	54.52	1015.37	116.5	1492.7
Dinner										
Vitalicious Sugar Free Velvety Chocolate VitaTops	90	2	1	23	9	0	4	140	0	25
1 vitatop, 55 g										
Menchies Angel Food Cake No Sugar Low Carb	79	0		19.25	5.25	5.25	5.25	70	0	
1 3/4 x 1/2 cup, 7 oz										
Hellmann's Light Mayonnaise	35	3.5	0.5	1	0	0	0	125	5	
1 tbsp, 15 g										
Kretschmar Extra Lean Corned Beef	70	3	1.5	3	0	0	11	600	30	
2 oz, 56 g										
Applegate Farms Herb Turkey Breast	100	0	0	0	0	0	24	800	60	
2 x 2 oz, 112 g										
Pepperidge Farm Jewish Rye Bread - Seedless	80	1	0	14	1	1	3	170	0	
1 slice, 32 g										
Total	454	9.5	3	60.25	15.25	6.25	47.25	1905	95	25
Snacks/Other										
Cantaloupe Melons	60	0.34	0.09	14.44	1.6	13.91	1.49	28	0	473
1 cup balls										
Simply Lite Sugar Free Dark Chocolate	200	16	10	8	6	0	2	0	0	
2 x 3 squares, 50 g										

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Starbucks Almond Milk 2 oz	11	0.75	0	0.94	0.19	0.56	0.38	20.68	0	
Kind Healthy Grains Peanut Butter Dark Chocolate 2 x 1 bar, 70 g	300	10	2	48	6	16	6	170	0	
Total	571	27.09	12.09	71.38	13.79	30.47	9.87	218.68	0	473
Total	**1646**	**47.95**	**17.009**	**204.07**	**45.58**	**73.26**	**124.35**	**3276.11**	**221.5**	**2235.7**