Saturday, June 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Oikos Greek Nonfat Yogurt - Plain (Container)	61	0	0	4.6	0	4.6	11.5	38.35	7.67	122.72
115 g										
Kind Healthy Grains Vanilla Blueberry Clusters with Flax Seeds	83	2.07	0	14.49	2.76	3.45	2.07	13.8	0	
21 g										
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage	15	1.25	0	1	0.5	0	0.5	90	0	85
1/2 x 1 cup, 4 oz										
Dannon Light & Fit Greek - Cherry	80	0	0	9	0	8	12	45	10	160
1 container, 150 g										
Total	239	3.32	0	29.09	3.26	16.05	26.07	187.15	17.67	367.72
Lunch										
Egg White	60	0.2	0	0.85	0	0.82	12.64	193	0	189
116 g										
Cooked Egg White	70	0.23	0	0.99	0	0.96	14.66	432	0	219
135 g										
Hellmann's Light Mayonnaise	52	5.25	0.75	1.5	0	0	0	187.5	7.5	
1 1/2 x 1 tbsp, 22.5 g										
Philadelphia Smoked Salmon Cream Cheese Spread	54	3.87	2.32	1.55	0	1.55	2.32	139.32	15.48	
24 g										
Oat Bran Bread	203	3.78	0.599	34.23	3.9	6.62	8.94	350	0	126
86 g										
Total	439	13.33	3.669	39.12	3.9	9.95	38.56	1301.82	22.98	534

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Vitalicious Golden Corn VitaMuffins 1 muffin, 55 g	100	1	0	25	10	9	3	120	0	35
Total	**778**	**17.65**	**3.669**	**93.21**	**17.16**	**35**	**67.63**	**1608.97**	**40.65**	**936.72**