Monday, June 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
Strawberries 1/4 cup halves	12	0.11	0.006	2.92	0.8	1.77	0.25	0	0	58
Liberte Goat Yogourt Plain 1/2 x 3/4 cup, 87.5 g	55	2.25	1.5	5	2.5	1.5	5.5	52.5		
Total	152	2.48	1.516	30.47	4.2	24.13	6.08	53.5	0	97
Lunch										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Astro Original Plain Yogurt 3/4 cup, 175 g	60	0		10		5	6	75	5	
Total	124	0	0	27.3	0	22.25	6.06	76	5	11
Dinner										
Summer Fresh Flatbread 1 package, 26 g	70	3	0.5	14	1	2	2	90		
Cooked Spinach (Fat Added in Cooking) 1 cup, NS as to from fresh, frozen, or canned of	78	4.39	0.809	7.18	4.5	0.82	5.62	556	0	881
Flatfish (Flounder and Sole) (Cooked, Dry Heat) 6 oz	199	2.6	0.617	0	0	0	41.07	178	116	585
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0

Monday, June 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	466	23.49	3.79	21.18	5.5	2.82	48.69	824	116	1466
Snacks/Other										
Atkins Advantage Chocolate Chip Granola 1 bar, 48 g	180	6	4.5	23	20	3	15	240	0	350
Total	**922**	**31.97**	**9.806**	**101.95**	**29.7**	**52.2**	**75.83**	**1193.5**	**121**	**1924**