Tuesday, June 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Liberte Goat Yogourt Plain	55	2.25	1.5	5	2.5	1.5	5.5	52.5		
1/2 x 3/4 cup, 87.5 g										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Strawberries	12	0.11	0.006	2.92	0.8	1.77	0.25	0	0	58
1/4 cup halves										
Blueberries	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
1/4 cup										
Granola	58	1.56	0.456	10.26	1	3.66	1.31	26	0	52
1/2 oz										
Natural Factors Whey Factors	45	0.75		1		1	8.5	17.5	22.5	65
1/2 x 1 scoop, 11 g										
Total	255	4.79	1.972	41.73	5.2	28.79	15.89	97	22.5	214
Lunch										
Detour Chocolate Chip Caramel Protein Bar	150	3.5	3	18	5	3	15	150	15	70
1 bar, 43 g										
Gala Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	334	13.02	8.945	37.42	8.3	17.49	22.33	325	44	97
Dinner										
Fried Battered Cod	196	9.06	1.89	7.87	0.2	0.48	19.77	142	57	434
4 oz boneless										
Pistachio Nuts	39	3.11	0.381	1.96	0.7	0.53	1.44	0	0	72

Tuesday, June 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 kernels										
Skotidakis Feta Cheese	80	7	4.5	0	0	0	5	410	20	
2 tbsp, 30 g										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Spinach Salad	107	4.82	1.402	11.2	1.4	1.28	5.11	227	77	232
1 cup										
Coleslaw	41	1.57	0.231	7.45	0.9		0.77	14	5	109
1/2 cup										
Total	582	39.06	10.268	28.48	3.2	2.29	32.09	793	159	847
Snacks/Other										
Cucumber Pickles (Bread and Butter Pickles)	34	0.08	0.022	7.99	0.6	3.81	0.38	286	0	85
1/4 cup										
Total	1205	56.95	21.207	115.62	17.3	52.38	70.69	1501	225.5	1243