Friday, December 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fresh Lime Juice 1/4 Juice 1 lime (2" dia)	2	0.01	0.001	0.8	0	0.16	0.04	0	0	11
Kind Peanut Butter Whole Grain Clusters Granola 1/2 x 1/3 cup, 14.5 g	60	1.75	0.25	8.5	1	2.5	3	17.5	0	
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Olympic Greek Yogurt 3/4 cup, 175 g	130	4	2	7	0	7	16	90	15	
Total	237	6.11	2.272	27.39	3.4	16.81	19.82	108.5	15	155
Lunch										
Toasted Mixed Grain Bread 1 slice	65	0.98	0.211	12.1	1.6	2.62	2.62	127	0	53
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Kettle Brand Sea Salt 1/2 x 18-20 chips, 20 g	105	6.5	0.5	11	1	0	1.5	80	0	
Sensations Light Swiss Cheese 2 x 1 slice, 38 g	120	7	4	0	0	0	12	180	20	
Turkey Breast Meat 2 slices (3-1/2" square; 8 per 6 oz package)	44	0.7	0.202	1.77	0.2	1.47	7.17	426	18	127
Total	391	20.09	5.633	28.38	2.8	5.03	23.42	918	42	181
Dinner										
Cobb Salad with Dressing	322	24.72	6.582	11.66	5.4	4.62	16.07	756	147	691

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups										
Lactantia Salted Butter	70	8	5	0	0	0	0	60	20	
2 tsp, 10 g										
Baked or Broiled Salmon	291	12.86	2.232	0.83	0	0.19	40.77	794	105	672
6 oz boneless										
Walmart Italian Style Crusty Bread	130	1	0	24	1	1	5	250	0	
1/8 loaf, 50 g										
Total	813	46.58	13.814	36.49	6.4	5.81	61.84	1860	272	1363
Snacks/Other										
McCain Straight Cut Fries	120	3.5		21			2	55		
22 pieces, 85 g										
Dry Roasted Salted Peanuts	41	3.52	0.489	1.52	0.6	0.3	1.68	58	0	47
1/4 oz										
Gala Apples	55	0.18	0.03	14.64	2.6	11.02	0.28	1	0	
1 small (2-1/2" dia)										
Chobani Greek Yogurt - Blueberry	140	0	0	21	1	17	13	70	0.5	0
1 container, 170 g										
Total	356	7.2	0.519	58.16	4.2	28.32	16.96	184	0.5	47
Total	**1797**	**79.98**	**22.238**	**150.42**	**16.8**	**55.97**	**122.04**	**3070.5**	**329.5**	**1746**