Monday, July 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
Granola 1/2 oz	58	1.56	0.456	10.26	1	3.66	1.31	26	0	52
Natural Factors Whey Factors 1/2 x 1 scoop, 11 g	45	0.75		1		1	8.5	17.5	22.5	65
Fruit Yogurt (Lowfat, 9g Protein Per 8oz) 1/4 cup (8 fl oz)	61	0.7	0.454	11.42	0	11.42	2.44	32	3	108
Total	185	3.13	0.92	27.93	1.9	19.69	12.52	75.5	25.5	253
Lunch										
Tomato Sandwich 1 sandwich	234	9.81	1.624	31.68	2.1	4.21	5.04	446	4	214
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	347	19.09	7.53	32.04	2.1	4.36	12.01	620	33	241
Dinner										
Sauvignon Blanc Wine 2 1/2 5 fl oz servings	301	0		7.53			0.26			
Couscous (Fat Added in Cooking) 1 cup cooked	235	7.47	1.4	35.49	2.1	0.15	5.78	350	0	91
Fried Floured or Breaded Fish 2 1/2 oz boneless	151	7.88	1.649	5.85	0.4	0.58	13.52	291	55	259
Cooked Corn 1/4 cup	52	1.44	0.254	10.28	1.1	1.29	1.36	107	0	102

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Cooked Peppers and Onions	77	3.96	0.582	10.23	2.4	4.17	1.8	430	0	
1 cup										
Total	816	20.75	3.885	69.38	6	6.19	22.72	1178	55	452
Snacks/Other										
Gin	221	0	0	0	0	0	0	1	0	2
3 fl oz (no ice)										
Total	1569	42.97	12.335	129.35	10	30.24	47.25	1874.5	113.5	948