Monday, May 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Young Green Onions (Tops Only)	1	0	0	0.17	0.1	0.06	0.05	0	0	8
1/2 tbsp										
Sorrento Whole Milk Ricotta Cheese	110	9	5	2	0	1	5	75	40	
1/4 cup, 62 g										
Colby Jack Cheese	109	8.85	5.569	0.46	0	0.14	6.84	162	26	29
1 slice (1 oz)										
Jones Dairy Farm All Natural Pork Sausage Patties	90	9	3	0	0	0	3	165	18.75	
3/4 x 1 pan fried patty, 26 g										
Butter	12	1.38	0.875	0	0	0	0.01	0	4	0
0.12 tbsp										
Egg	129	8.7	2.712	0.67	0	0.67	11.01	122	370	117
1 3/4 large										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Great Value Half & Half	40	3	2	1	0	1	1	30	15	45
2 tbsp, 30 ml										
Total	493	39.98	19.161	4.39	0.1	2.87	27.19	559	473.75	310
Lunch										
Cooked Sauerkraut	27	0.2	0.05	6.08	3.6	2.53	1.29	939	0	241
1 cup										
Pork Loin (Country-Style Ribs)	273	21.22	7.36	0	0		19.27	66	78	342
4 oz										
Total	300	21.42	7.41	6.08	3.6	2.53	20.56	1005	78	583
Dinner										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hannaford Summer Slaw 1 cup	120	4.5	0.5	21	2		1	330	5	
Spectrum Organic Virgin Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Chicken Thigh Meat (Broilers or Fryers, Roasted, Cooked) 2 1/2 thighs, bone and skin removed	272	14.14	3.939	0	0	0	33.72	114	124	309
Total	512	32.64	16.439	21	2	0	34.72	444	129	309
Snacks/Other										
Almonds 4 almonds	28	2.43	0.186	0.95	0.6	0.23	1.02	0	0	35
Jell-O Sugar Free Low Calorie Gelatin Snacks 1 snack, 92 g	10	0	0	0	0	0	1	45	0	0
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Land O'Lakes Traditional Half & Half 2 tbsp, 30 ml	40	3	2	1	0	1	1	20	15	
Total	80	5.48	2.191	2.04	0.6	1.23	3.3	70	15	146
Total	**1385**	**99.52**	**45.201**	**33.51**	**6.3**	**6.63**	**85.77**	**2078**	**695.75**	**1348**