Sunday, August 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Natural Provolone Cheese 1 slice, 19 g	70	5	3	0	0	0	5	135	15	
Bullritos Sauteed Onions & Peppers 1/2 x 1 serving, 0.75 oz	12	0.75		1.5	0.25	0.5	0	12.5		
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Great Value Half & Half 1 1/2 x 2 tbsp, 45 ml	60	4.5	3	1.5	0	1.5	1.5	45	22.5	67.5
Total	393	31.76	16.398	3.87	0.25	2.78	19.48	339.5	491.5	315.5
Lunch										
Italian cheese 1/4 cup, 28 g	90	7	4	2	0	0	7	200	20	
Ragu Traditional 1/2 cup, 125 g	80	2.5	0	12	2	7	2	480	0	380
zucchini 1 cup slices	29	0.09	0.018	7.07	2.5	3.04	1.15	430	0	455
onion 1 tbsp chopped	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
mushrooms 0.2 cup	8	0.09	0.012	1.59	0.7	0.69	0.58	133	0	40
parmesan	21	1.37	0.868	0.17	0		1.89	85	4	5

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp										
Lean ground beef	151	9.89	3.757	0	0	0	14.3	222	50	169
2 oz cooked										
Total	383	20.95	8.658	23.84	5.3	11.16	27.01	1550	74	1063
Dinner										
Italian cheese	90	7	4	2	0	0	7	200	20	
1/4 cup, 28 g										
Ragu Traditional	80	2.5	0	12	2	7	2	480	0	380
1/2 cup, 125 g										
zucchini	29	0.09	0.018	7.07	2.5	3.04	1.15	430	0	455
1 cup slices										
onion	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
1 tbsp chopped										
mushrooms	8	0.09	0.012	1.59	0.7	0.69	0.58	133	0	40
0.2 cup										
parmesan	21	1.37	0.868	0.17	0		1.89	85	4	5
1 tbsp										
Lean ground beef	151	9.89	3.757	0	0	0	14.3	222	50	169
2 oz cooked										
Total	383	20.95	8.658	23.84	5.3	11.16	27.01	1550	74	1063
Snacks/Other										
Kirkland Signature Mixed Nuts	100	8.5	1.25	3.5	1	0.5	2.5	60	0	
1/2 x 1/4 cup, 14 g										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Land O'Lakes Traditional Half & Half	60	4.5	3	1.5	0	1.5	1.5	30	22.5	
1 1/2 x 2 tbsp, 45 ml										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	162	13.05	4.255	5.09	1	2	4.28	95	22.5	111
Total	1321	86.71	37.969	56.64	11.85	27.1	77.78	3534.5	662	2552.5