Sunday, February 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maple Syrup 1 1/2 tbsps	78	0.06	0.011	20.13	0	17.86	0	3	0	61
Denny's Pumpkin Pancakes 2 cakes	480	11	7	90	4	30	9	1220	0	0
Total	558	11.06	7.011	110.13	4	47.86	9	1223	0	61
Lunch										
Crystal Farms Shredded Cheddar Cheese 1/4 cup, 28 g	110	9	6	1	0	0	7	170		
Grape Tomatoes 9 grape	13	0.14	0.033	2.79	0.9	1.87	0.63	4	0	
Chex Cereal 1 1/2 cups	215	0.75	0.209	49.71	2.4	6.1	4.1	532	0	98
Kirkland Signature Grilled Chicken Breast Strips 2 x 3 oz, 168 g	220	4	1	0	0	0	44	780	90	
Ken's Steak House Thousand Island Dressing 1 1/2 x 2 tbsp, 45 g	210	19.5	3	6	0	4.5	0	450	22.5	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Cucumber (Peeled) 1/4 large (8-1/4" long)	8	0.11	0.009	1.51	0.5	0.97	0.41	1	0	95
Yellow Sweet Peppers 1/4 large (3-3/4" long, 3" dia)	13	0.1	0.014	2.94	0.4		0.46	1	0	99
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage 1 cup, 8 oz	30	2.5	0	2	1	0	1	180	0	170

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Total	847	36.5	10.328	71.23	8.5	14.89	60.11	2166	112.5	942
Dinner										
Daisy Sour Cream 2 tbsp, 30 g	60	5	3.5	1	0	1	1	15	20	
Kirkland Signature Organic Ground Beef 1/2 x 4 oz, 56 g	120	8.5	3.5	0	0	0	10.5	32.5	35	
Corn Tortilla 1 small (approx 4" dia)	23	0.3	0.048	4.78	0.7	0.09	0.61	5	0	20
Mashed Cauliflower 1 cup	142	10.45	2.274	8.94	3.4	5.55	4.77	825	4	
Cooked Green String Beans (Fat Added in Cooking) 1 1/2 cups, NS as to from fresh, frozen, or canned of	124	6.51	1.246	15.98	6.5	3.11	3.82	649	0	294
Butter 2 tbsps	204	23.04	14.589	0.02	0	0.02	0.24	3	61	7
Corona Corona Light 2 x 1 bottle, 24 oz	198	0		10	0	0	1.6	0	0	
Genuine Steak House Brand Beef Ribeye Steak 3 x 6 oz, 336 g	840	60	24	0	0	0	66	165	225	
Total	1711	113.8	49.157	40.72	10.6	9.77	88.54	1694.5	345	321
Snacks/Other										
Brach's Candy Hearts 27 g	102	0	0	25.5	0	23.8	0	0	0	0
Green Way Organic White Cheddar Popcorn 2 x 2 cups, 56 g	300	20	3	28	4	2	6	400	10	

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Russell Stover Assorted Fine Chocolates (2)	150	7	4	23	1	19	1	34	5	
2 pieces, 33 g										
Blueberries	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
1/4 cup										
Total	573	27.12	7.01	81.75	5.9	48.41	7.27	434	15	28
Total	3689	188.48	73.506	303.83	29	120.93	164.92	5517.5	472.5	1352