

## Thursday, January 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Thomas' Original English Muffins	130	1	0	24	1	1	4	210	0	0
1 muffin, 57 g										
Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
<b>Total</b>	<b>271</b>	<b>13.09</b>	<b>2.47</b>	<b>28.69</b>	<b>2.4</b>	<b>3.21</b>	<b>10.02</b>	<b>320</b>	<b>0</b>	<b>156</b>
<b>Lunch</b>										
Meat, Poultry or Fish, Vegetables and Rice Wrap Sandwich	805	25.68	8.998	101.15	7.4	6.28	40.62	1364	95	771
1 sandwich										
<b>Dinner</b>										
Chicken Thigh	206	12.9	3.607	0	0	0	20.87	341	77	185
1 large (yield after cooking, bone removed)										
Chicken Thigh	152	9.52	2.662	0	0	0	15.41	252	57	136
1 medium (yield after cooking, bone removed)										
<b>Total</b>	<b>358</b>	<b>22.42</b>	<b>6.269</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>36.28</b>	<b>593</b>	<b>134</b>	<b>321</b>
<b>Snacks/Other</b>										
Fresh & Easy Asian-Style Mixed Vegetables	30	0	0	6	2	2	2	30	0	
1 serving, 3 oz										
Almonds	42	3.65	0.279	1.42	0.8	0.35	1.53	0	0	52
6 almonds										
Del Monte Diced Peaches in Cups	70	0	0	17	0	16	1	10	0	120
1 cup, 113 g										

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The Greek Gods Traditional Plain Greek Yogurt <small>1/4 x 4 oz, 28 g</small>	28	1.75	1.12	1.88	0	1.88	1.12	18.75	6.25	57.5
Diamond of California Chopped Walnuts <small>1/4 x 1/4 cup, 8 g</small>	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
<b>Total</b>	<b>220</b>	<b>10.4</b>	<b>1.899</b>	<b>27.3</b>	<b>3.3</b>	<b>20.48</b>	<b>6.9</b>	<b>58.75</b>	<b>6.25</b>	<b>262</b>
<b>Total</b>	<b>1654</b>	<b>71.59</b>	<b>19.636</b>	<b>157.14</b>	<b>13.1</b>	<b>29.97</b>	<b>93.82</b>	<b>2335.75</b>	<b>235.25</b>	<b>1510</b>