

Thursday, January 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	271	13.09	2.47	28.69	2.4	3.21	10.02	320	0	156
Lunch										
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										
Dinner										
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)										
Total	358	22.42	6.269	0	0	0	36.28	593	134	321
Snacks/Other										
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
Total	220	10.4	1.899	27.3	3.3	20.48	6.9	58.75	6.25	262
Total	1654	71.59	19.636	157.14	13.1	29.97	93.82	2335.75	235.25	1510