

Friday, January 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Eggs (Large) 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	140
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
Franz Oregon Bread Western Hazelnut Bread 1 slice, 43 g	140	5	0	21	2	4	5	190	0	
Total	437	15.87	3.175	55.21	3.8	15.34	19.5	623	370	182
Lunch										
Blue & Roquefort Cheese Salad Dressing 1 tbsp	76	7.84	1.485	1.11	0	0.54	0.72	164	3	6
Trader Joe's Pomegranate Seeds 1/2 x 1/2 cup, 42.5 g	40	0	0	8.5	2	6	0.5	0	0	0
Deli Turkey or Chicken Breast Meat 3 slices (1 oz)	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
Mixed Salad Greens 2 cups shredded or chopped	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Low Calorie Salad Dressing 100 g	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
Tomatoes 1/2 medium whole (2-3/5" dia)	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
Avocado 2 oz yields	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204

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Total	448	25.77	3.659	37.39	8.6	21.82	19.54	2167	44	1039

Dinner

Snacks/Other

Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
Kraft Wheat Thins Original	84	3	0.6	13.2	1.8	2.4	1.2	138	0	57
19 g										
Total	225	15.09	3.07	17.89	3.2	4.61	7.22	248	0	213

Total	1110	56.73	9.904	110.49	15.6	41.77	46.26	3038	414	1434
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