

Friday, January 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Cranberry Almond Protein Crunchy Granola 1/2 cup, 51 g	210	5	1	32	2	14	10	140	0	115
Dannon Activia Light Fat Free Strawberry Yogurt 4 oz, 113 g	70	0		13	2	8	5	80	5	220
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Total	321	5.24	1.02	55.51	5.7	29.22	15.54	221	5	391
Lunch										
Mayonnaise 1 1/2 tbsps	86	7.36	1.08	5.27	0	1.41	0.2	157	6	2
StarKist Foods Chunk Light Tuna in Water 1 1/2 x 2 oz drained, 84 g	68	0.75	0	0	0	0	15	270	30	150
Cains Sweet Pickle Relish 2 x 1 tbsps, 30 g	30	0	0	8	0	8	0	260	0	0
Nabisco Triscuit Crackers Original 36 g	154	4.5	0.64	25.72	3.86	0	3.86	205.76	0	147.89
Keebler Town House Flatbread Crisps - Italian Herb 2 x 8 crackers, 32 g	140	4	0	22	0	2	2	240	0	
Total	478	16.61	1.72	60.99	3.86	11.41	21.06	1132.76	36	299.89
Dinner										
Lean Cuisine Marketplace Chicken with Almonds	290	5	0.5	44	4	8	16	490	25	350

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1 package, 241 g										
Fresh & Easy Asian-Style Mixed Vegetables	30	0	0	6	2	2	2	30	0	
1 serving, 3 oz										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Skinless Chicken Breast	62	0.69	0.185	0	0	0	12.93	36	32	
2 oz boneless, cooked, skinless										
Total	433	11.45	4.332	50	6	10	30.99	557	72	352
Snacks/Other										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
Deschutes Brewery Mirror Pond Pale Ale	170	0		13	0	0	0	0	0	
1 bottle, 12 g										
Great Value No Sugar Added Mixed Fruit	70	0	0	17	2	12	1	0	0	210
1 cup, 140 g										
Plain Yogurt	14	0.35	0.227	1.6	0	1.6	1.19	16	1	53
0.1 8 oz container										
Total	464	16.35	2.227	45.6	7	17.6	9.19	31	1	473
Total	1696	49.65	9.299	212.1	22.56	68.23	76.78	1941.76	114	1515.89