

## Friday, January 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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
<b>Total</b>	<b>321</b>	<b>5.24</b>	<b>1.02</b>	<b>55.51</b>	<b>5.7</b>	<b>29.22</b>	<b>15.54</b>	<b>221</b>	<b>5</b>	<b>391</b>
<b>Lunch</b>										
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	
<b>Total</b>	<b>478</b>	<b>16.61</b>	<b>1.72</b>	<b>60.99</b>	<b>3.86</b>	<b>11.41</b>	<b>21.06</b>	<b>1132.76</b>	<b>36</b>	<b>299.89</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>433</b>	<b>11.45</b>	<b>4.332</b>	<b>50</b>	<b>6</b>	<b>10</b>	<b>30.99</b>	<b>557</b>	<b>72</b>	<b>352</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>464</b>	<b>16.35</b>	<b>2.227</b>	<b>45.6</b>	<b>7</b>	<b>17.6</b>	<b>9.19</b>	<b>31</b>	<b>1</b>	<b>473</b>
<b>Total</b>	<b>1696</b>	<b>49.65</b>	<b>9.299</b>	<b>212.1</b>	<b>22.56</b>	<b>68.23</b>	<b>76.78</b>	<b>1941.76</b>	<b>114</b>	<b>1515.89</b>