

## Wednesday, January 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bear Naked Peak Protein All Natural Granola	140	7	0.5	15	3	6	6	25	0	
1/4 cup, 30 g										
Dannon Activia Light Fat Free Strawberry Yogurt	70	0		13	2	8	5	80	5	220
4 oz, 113 g										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
<b>Total</b>	<b>251</b>	<b>7.24</b>	<b>0.52</b>	<b>38.51</b>	<b>6.7</b>	<b>21.22</b>	<b>11.54</b>	<b>106</b>	<b>5</b>	<b>276</b>
<b>Lunch</b>										
Applebee's Tomato Basil Soup (Bowl)	220	13	6	22	2	0	4	1190	0	
1 bowl										
Jennie-O Ground Turkey 93/7	170	8	2.5	0	0	0	21	80	80	
4 oz, 112 g										
<b>Total</b>	<b>390</b>	<b>21</b>	<b>8.5</b>	<b>22</b>	<b>2</b>	<b>0</b>	<b>25</b>	<b>1270</b>	<b>80</b>	
<b>Dinner</b>										
Amy's Paella Bowl	370	23	3.5	25	2	9	16	510	0	
1 bowl, 241 g										
<b>Snacks/Other</b>										
Nabisco Triscuit Crackers Original	120	3.5	0.5	20	3	0	3	160	0	115
6 crackers, 28 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Cooked Green String Beans (Fat Added in Cooking)	83	4.34	0.83	10.65	4.3	2.07	2.55	433	0	196

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1 cup, NS as to from fresh, frozen, or canned of										
<b>Del Monte Fruit Naturals Cherry Mixed Fruit (Container)</b>	100	0	0	24	2	21	1	25	0	135
1 container, 198 g										
<b>The Greek Gods Traditional Plain Greek Yogurt</b>	55	3.5	2.25	3.75	0	3.75	2.25	37.5	12.5	115
1/2 x 4 oz, 56.5 g										
<b>Almonds</b>	83	7.29	0.559	2.84	1.7	0.69	3.06	0	0	105
12 almonds										
<b>Total</b>	<b>535</b>	<b>26.69</b>	<b>5.786</b>	<b>64.37</b>	<b>12</b>	<b>28.99</b>	<b>15.87</b>	<b>728.5</b>	<b>12.5</b>	<b>770</b>
<b>Total</b>	<b>1546</b>	<b>77.93</b>	<b>18.306</b>	<b>149.88</b>	<b>22.7</b>	<b>59.21</b>	<b>68.41</b>	<b>2614.5</b>	<b>97.5</b>	<b>1046</b>