

Wednesday, January 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	251	7.24	0.52	38.51	6.7	21.22	11.54	106	5	276
Lunch										
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										
Total	390	21	8.5	22	2	0	25	1270	80	
Dinner										
Amy's Paella Bowl	370	23	3.5	25	2	9	16	510	0	
1 bowl, 241 g										
Snacks/Other										
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										
Del Monte Fruit Naturals Cherry Mixed Fruit (Container)	100	0	0	24	2	21	1	25	0	135
1 container, 198 g										
The Greek Gods Traditional Plain Greek Yogurt	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										
Almonds	83	7.29	0.559	2.84	1.7	0.69	3.06	0	0	105
12 almonds										
Total	535	26.69	5.786	64.37	12	28.99	15.87	728.5	12.5	770
Total	1546	77.93	18.306	149.88	22.7	59.21	68.41	2614.5	97.5	1046