

Wednesday, January 10, 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)	140	10	3	0	0	0	12	140	370	140
2 x 1 egg, 100 g										
Applegate Farms Natural Chicken & Apple Breakfast Sausage	120	7	2	3	0	2	10	340	40	
3 links, 85 g										
Total	260	17	5	3	0	2	22	480	410	140
Lunch										
Avocado	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204
2 oz yields										
Tomatoes	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
1/2 medium whole (2-3/5" dia)										
Low Calorie Salad Dressing	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
100 g										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Deli Turkey or Chicken Breast Meat	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
3 slices (1 oz)										
Stonewall Kitchen Spicy Corn Relish	35	0	0	8	0	6	0	140	0	
2 tbsp, 30 g										
Cooked Carrots (Fat Added in Cooking)	41	1.87	0.353	6.03	2.2	2.51	0.56	231	0	171
1/2 cup sliced										
Total	408	19.8	2.527	41.81	8.8	23.79	18.88	2374	41	1204
Dinner										
Beef Stroganoff with Noodles	503	27.61	10.621	33.95	1.9	2.84	30.03	1190	92	572

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1 1/2 cups										
Snacks/Other										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
Almonds	90	7.9	0.605	3.08	1.8	0.75	3.32	0	0	114
13 almonds										
Keebler Town House Flatbread Crisps - Italian Herb	140	4	0	22	0	2	2	240	0	
2 x 8 crackers, 32 g										
Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
Total	581	39.99	5.075	43.77	8.2	8.96	18.34	365	0	480
Total	1752	104.4	23.223	122.53	18.9	37.59	89.25	4409	543	2396