Tuesday, September 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chachies Mango Peach Salsa 2 tbsp, 30 g	25	0	0	6	0	5	0	95	0	
Egg Beaters Egg Beaters - Original 2 x 3 tbsp, 92 g	66	0	0	2	0	0	12	240	0	186
Applegate Farms Natural Chicken & Apple Breakfast Sausage 3 links, 85 g	120	7	2	3	0	2	10	340	40	
Total	211	7	2	11	0	7	22	675	40	186
Lunch										
Low Calorie Salad Dressing 100 g	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
Tomatoes 2 small whole (2-2/5" dia)	33	0.36	0.084	7.13	2.2	4.79	1.6	9	0	431
Mixed Salad Greens 2 cups shredded or chopped	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Sliced Ham (Regular, Approx. 11% Fat) 3 oz	139	7.31	2.497	3.26	1.1	0	14.12	1109	48	244
Cooked Dried Corn 0.15 cup of	32	1.59	0.307	4.59	0.4	1.56	0.59	55	0	42
Total	370	19.5	3.733	33.19	6.4	16.74	18.73	2307	52	1143
Dinner										
Ketchup 1 tbsp	15	0.06	0.008	3.76	0	3.42	0.26	167	0	57
Dean's Guacamole Dip	45	4.5		1	0	0.5	0.5	85	2.5	

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1/2 x 2 tbsp, 15 g										
Cooked Mixed Vegetables (Corn, Lima Beans, Peas, Green Beans and Carrots, from Frozen, Fat Added in Cooking)	151	3.98	0.753	23.82	8	5.72	5.2	466	0	307
1 cup										
Jennie-O Lean Italian Seasoned Ground Turkey	340	18	6	0	0	0	38	1240	160	
2 x 4 oz, 224 g										
Total	551	26.54	6.761	28.58	8	9.64	43.96	1958	162.5	364
Snacks/Other										
Del Monte Fruit Naturals Yellow Cling Peach Chunks	100	0	0	24	2	20	2	20	0	300
2 x 1/2 cup, 248 g										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
Nancy's Plain Honey Yogurt	34	1.59	0.8	3.38	0	3.38	1.99	31.84	5.97	
45 g										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
Doctor Kracker Organic & Artisan-Baked Whole Grain Klassic 3 Seed	100	4	0.5	11	3	0	5	190	0	
1 flatbread										
Frigo 100% Natural String Cheese	80	6	3.5	0.5			6	200	15	200
1 piece, 1 oz										
Total	558	27.67	6.827	61.93	10.4	35.12	22.35	457.84	20.97	806
Total	**1690**	**80.71**	**19.321**	**134.7**	**24.8**	**68.5**	**107.04**	**5397.84**	**275.47**	**2499**