Thursday, October 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jennie-O Lean Turkey Breakfast Sausage Links	80	5	1.5	0	0	0	9	320	45	
2 links, 56 g										
Farmer John Premium Maple Bacon	90	7	3	0	0	0	8	210	10	
2 x 1 slice, 20 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Ketchup	15	0.06	0.008	3.76	0	3.42	0.26	167	0	57
1 tbsp										
Total	332	22	7.607	4.53	0	4.19	29.84	837	478	191
Lunch										
Cottage Cheese	116	5.07	3.21	3.02	0	0.33	14.05	456	17	94
1/2 cup, small curd (not packed)										
Trader Joe's Chunky Spiced Apples	35	0	0	7.5	1	5	0	0	0	
1/2 x 1/2 cup, 57.5 g										
Aidells Pineapple & Bacon Smoked Chicken Sausage	315	21	7.5	12	0	12	18	1035	120	
1 1/2 x 1 link, 136.5 g										
;jennas average Mixed Vegetables	30	0		2	2		2			
1/2 x 8oz										
Total	496	26.07	10.71	24.52	3	17.33	34.05	1491	137	94
Dinner										
Signature Cafe Whole Roasted Chicken	320	16	5	0	0	0	44	880	70	
2 x 3 oz, 168 g										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fresh & Easy Broccoli Cranberry Salad	180	14.25	1.88	13.5	2.25	9.75	2.25	97.5	7.5	
3/4 x 1 cup, 75 g										
Total	500	30.25	6.88	13.5	2.25	9.75	46.25	977.5	77.5	
Snacks/Other										
Dry Roasted Almonds (with Salt Added)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
1 oz (22 whole kernels)										
M&M's Peanut M&M's (Package)	62	3.25	1.25	7.5	0.5	6.25	1.25	6.25	1.25	0
1/4 x 1 package, 12 g										
Total	231	18.23	2.397	12.97	3.8	7.64	7.51	102.25	1.25	211
Total	**1559**	**96.55**	**27.594**	**55.52**	**9.05**	**38.91**	**117.65**	**3407.75**	**693.75**	**496**