Wednesday, May 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Almond Milk	61	5.38	0.413	2.1	1.2	0.52	2.26	8	0	
1 1/2 cups										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Trader Joe's Multigrain O's Cereal	165	1.5	0	36	4.5	9	3	202.5	0	97.5
1 1/2 x 1 cup, 43.5 g										
Egg White	17	0.06	0	0.24	0	0.23	3.6	55	0	54
1 large										
Total	350	7.38	0.55	65.38	8.8	24.18	10.43	271.5	0	684.5
Lunch										
Avocados	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
1/2 avocado, NS as to Florida or California										
Trader Joe's Multigrain Slims	100	1	0	20	5	3	4	100	0	
1 roll, 43 g										
Cream Cheese	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
2 tbsps										
Total	362	25.84	8.507	29.34	11.7	3.72	8.2	193	32	522
Dinner										
Snacks/Other										
Chocolate and Vanilla Sandwich Cookie	142	5.86	0.999	21.56	0.7	11.99	1.48	125	0	42
3 sandwiches (1-3/4" dia)										

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Trader Joe's Fancy Mixed Nuts 1/2 x 1/4 cup, 15 g	90	8.5	1.25	2.5	1	0.5	2	0	0	0
Total	232	14.36	2.249	24.06	1.7	12.49	3.48	125	0	42
Total	944	47.58	11.306	118.78	22.2	40.39	22.11	589.5	32	1248.5