Wednesday, February 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Bold Wasabi & Soy Sauce Almonds	170	15	1	6	3	2	6	115	0	
28 nuts, 1 oz										
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)										
Total	275	15.39	1.132	32.95	6.1	16.43	7.29	116	0	422
Lunch										
Arnold Double Protein Hearty Multigrain Bread	100	1.5	0	16	3	2	6	130	0	
1 slice, 38 g										
StarKist Foods Tuna Creations Ranch	80	2	0.5	1.5	0	0	14	380	35	210
1 pouch, 74 g										
Total	180	3.5	0.5	17.5	3	2	20	510	35	210
Dinner										
Ready Pac Bistro Bowl Chef Salad	240	18	5	10	2	4	12	850	40	
1 container, 220 g										
Snacks/Other										
Hershey's Milk Chocolate Kisses	100	6	3.5	12.5	0.5	11.5	1.5	17.5	5	
1/2 x 7 pieces, 16 g										
Storck Riesen Chocolate Caramel Candies	85	3	1.75	14	0	7.5	0.5	7.5	0	
1/2 x 3 pieces, 13.5 g										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
1 packet, 3.5 g										

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Del Monte Fruit Naturals Red Grapefruit (No Sugar Added)	60	0	0	15	2	7	1	0	0	160
1 cup, 184 g										
Total	245	9	5.25	41.5	2.5	26	3	25	5	160
Total	940	45.89	11.882	101.95	13.6	48.43	42.29	1501	80	792