Tuesday, July 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber Gourmet Cheese Thinables 1 oz, 28 g	60	2.5	1	18	11	0	4	190	0	
Ralphs Whole Raw Almonds 1/2 x 24 almonds, 0.5 oz	80	6	0.5	3	1.5	0.5	3	0	0	
Green Tea 2 mugs (8 fl oz)	5	0	0.009	0.95	0	0	0	5	0	
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Raspberries 2 oz	29	0.37	0.011	6.77	3.7	2.51	0.68	1	0	86
Total	179	8.96	1.529	28.72	16.2	3.01	8.25	205	0	318
Lunch										
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Hormel Mary Kitchen Homestyle Corned Beef Hash 1 cup, 236 g	380	24	11	24	2	1	16	990	80	
Total	462	29.37	12.636	24.56	2	1.56	22.83	1138	291	295
Dinner										
Snacks/Other										
Total	641	38.33	14.165	53.28	18.2	4.57	31.08	1343	291	613