Tuesday, April 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
La Dolce Vita Classic Italian Biscotti 1/2 x 2 cookies, 20 g	80	3.5	1	10.5	0.5	4	1.5	52.5	10	0
Premier Nutrition High Protein Shake - Chocolate 1 shake, 11 oz	160	3	1	5	3	1	30	210	20	450
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
Total	250	6.59	2.018	16.45	3.5	5	32.07	276.5	30	682
Lunch										
Baked or Broiled Salmon 4 oz boneless (yield after cooking)	157	6.96	1.207	0.45	0	0.1	22.05	430	57	363
Veggie Grill Herb Roasted Veggies 1 bowl, 8 oz	140	7	1.5	17	6	5	3	330	0	
Vodka 3 jiggers	291	0	0	0	0	0	0	1	0	3
Espresso Coffee 4 espresso cups (2 fl oz)	5	0.42	0.217	0	0	0	0.28	33	0	271
Total	593	14.38	2.924	17.45	6	5.1	25.33	794	57	637
Dinner										
Pasta with Meat Sauce 1 cup	329	13.06	4.34	33.33	3.8	8.47	20.22	1887	51	811
Cabernet Sauvignon Wine 1 5 fl oz serving	123	0		3.82			0.1			

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Stuffed Grape Leaves with Lamb and Rice 1 roll	56	4.45	1.117	2.52	0.7	0.51	1.72	14	5	41
Roasted Mixed Nuts with Peanuts 1 10 assorted nuts serving	86	7.89	1.222	3	1.3	0.59	2.35	59	0	81
Total	594	25.4	6.679	42.67	5.8	9.57	24.39	1960	56	933
Snacks/Other										
Milk Chocolate Candies (with Almonds) 1 bar (1.45 oz)	216	14.1	6.962	21.81	2.5	18	3.69	30	8	182
Total	**1653**	**60.47**	**18.583**	**98.38**	**17.8**	**37.67**	**85.48**	**3060.5**	**151**	**2434**