Tuesday, September 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Plums 1 fruit (2-1/8" dia)	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Bell Peppers 1/2 medium (approx 2-3/4" long, 2-1/2" dia)	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	
Red Onions 1/3 cup sliced	16	0.03	0.01	3.84	0.5	1.62	0.35	1	0	
Mozzarella Cheese 0.15 cup shredded	51	3.4	2.148	0.65	0	0.1	4.4	89	9	16
Food Club Medium Cheddar 1/2 x 1 oz, 14 g	55	4.5	2.5	0	0	0	3.5	90	15	
Chosen Foods Avocado Oil 1 tbsp , 14 g	130	14	2	0	0	0	0	0	0	0
Total	450	31.27	9.442	22.14	4.1	14.99	20.88	305	396	354
Lunch										
Hillshire Farm Turkey Polska Kielbasa 1 link, 64 g	100	4.5	1.5	4	1	2	10	500	35	
Miracle Noodle Angel Hair Shirataki Pasta 3 oz, 85 g	15	0	0	0	0	0	0	0	0	
Birds Eye Mixed Veggies 1/2 x 2/3 cup, 45 g	30	0		6			1			
Plums	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104

Tuesday, September 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 fruit (2-1/8" dia)										
Total	175	4.68	1.511	17.54	1.9	8.55	11.46	500	35	104
Dinner										
Grilled Chicken	190	10.79	3.007	0	0	0	21.66	324	70	
4 oz boneless (yield after cooking)										
Cabbage	21	0.11	0.014	4.97	2	3.19	1.28	16	0	219
1 cup chopped										
Total	211	10.9	3.021	4.97	2	3.19	22.94	340	70	219
Snacks/Other										
Walls Berry Farm Three Berry Preserves	25	0	0	6.5		6.5	0	0		
1/2 x 1 tbsp, 10 g										
Whipped Cream (Pressurized)	23	2	1.245	1.12	0	0.72	0.29	12	7	13
3 tbsps										
Coconut Cake with Icing	388	11.23	4.248	68.89	1.1	62.56	4.8	310	1	108
1 piece (1/12 2-layer, 8" or 9" dia)										
Total	436	13.23	5.493	76.51	1.1	69.78	5.09	322	8	121
Total	**1272**	**60.08**	**19.467**	**121.16**	**9.1**	**96.51**	**60.37**	**1467**	**509**	**798**