Tuesday, July 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Decaf Pike Place Roast (Grande) 1 serving, 16 oz	5	0	0	0	0	0	1	10	0	0
Al Fresco Sweet Apple Chicken Sausage 1 link, 90 g	130	6	2	4	0	4	15	460	70	
Total	**135**	**6**	**2**	**4**	**0**	**4**	**16**	**470**	**70**	**0**
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	0
Tillamook Medium Cheddar Cheese 1 oz, 28 g	110	9	6	0	0	0	7	170	25	0
Rico Chicken Tamale 1/2 x 1 tamale, 71 g	115	5.5	1.75	9.5	1.5	0	7	175	22.5	
Garden of Eatin' Blue Corn Tortilla Chips 12 chips, 1 oz	140	7	0.5	18	2	0	2	60	0	
Total	**505**	**25.5**	**9.75**	**27.5**	**3.5**	**0**	**41**	**445**	**112.5**	**0**
Dinner										
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Balsamic Vinegar 1 tbsp	13	0	0	2.55	0	2.33	0	1	0	
Cooked Spinach 1 cup, NS as to from fresh, frozen, or canned of	78	4.39	0.809	7.18	4.5	0.82	5.62	556	0	881

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Lasagna with Meat 1 piece (1/6 8" square, approx 2-1/2" x 4")	336	12.38	6.384	35.43	2.7	5.6	20.52	744	49	391
Total	461	16.9	7.222	53	10.9	10.29	28.14	1308	49	1502
Snacks/Other										
Roasted Almonds 1/2 oz (22 whole kernels)	86	7.82	0.596	2.51	1.5	0.64	3.01	48	0	99
Jelly Belly Jelly Beans 1/4 x 27 pieces, 8 g	25	0	0	6.25	0	6.25	0	0	0	
Total	111	7.82	0.596	8.76	1.5	6.89	3.01	48	0	99
Total	**1212**	**56.22**	**19.568**	**93.26**	**15.9**	**21.18**	**88.15**	**2271**	**231.5**	**1601**