Wednesday, November 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Greek Style Nonfat Yogurt - Blueberry 1 container, 5.3 oz	120	0	0	16	0	14	13	55	10	170
International Delight Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Archer Farms Raw Almonds Unsalted 1 oz, 28 g	160	14	1	6	3	1	6	0	0	
Total	**325**	**18.09**	**3.009**	**24**	**3**	**15**	**19.57**	**64**	**10**	**402**
Lunch										
Blackberries 1 cup	62	0.71	0.02	13.84	7.6	7.03	2	1	0	233
Bolthouse Farms Honey Mustard Yogurt Dressing 2 tbsp, 30 g	45	1.5	0.5	6	0	6	1	115	5	
Deli Turkey or Chicken Breast Meat 1 slice (1 oz)	29	0.47	0.136	1.19	0.1	1	4.84	288	12	86
Fresh Express Spring Mix 4 x 1 package, 568 g	80	0	0	12	4	0	8	200	0	
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1/4 cup, seedless	28	0.06	0.022	7.24	0.4	6.19	0.29	1	0	76
Total	**244**	**2.74**	**0.678**	**40.27**	**12.1**	**20.22**	**16.13**	**605**	**17**	**395**

Wednesday, November 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	**659**	**21.16**	**3.8**	**87.34**	**17.7**	**47.57**	**36.8**	**670**	**27**	**1159**