Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bragg Organic Apple Cider Vinegar 1/2 x 1 tbsp, 7.5 ml	0	0	0	0	0	0	0	0	0	5.5
Silk Silk Unsweetened Coconut Milk 1/4 x 1 cup (240 ml)	11	1.12	1	0	0	0	0	10	0	
Whole Foods Market Liquid Stevia Drops 2-4 drops	0	0		0	0	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
Unroasted Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
Bananas 1/2 medium (7" to 7-7/8" long)	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
Total	173	10.52	1.774	17.03	3.6	8.08	5.04	20	0	579.5
Lunch										
Kroger Honeydew Melon 2 x 1/2 cup	60	0	0	16	2	14	0	30	0	
Brown Gravy 1 1/4 cups	154	6.87	3.358	14.01	1.2	0.61	10.92	1631	9	
Hungry Jack Instant Mashed Potatoes 1/3 cup dry, 22 g	150	5	1	21	1	2	3.6	230	37	
Kroger Homestyle Yeast Rolls 1 roll	170	3	0.5	31	1	4	5	310	0	
Kroger Breaded Chicken Strips 2 x 2 pieces, 232 g	440	18	4	28	2		38	1340	90	

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Total	974	32.87	8.858	110.01	7.2	20.61	57.52	3541	136	
Dinner										
Simple Truth Organic Roasted Red Pepper & Tomato Bisque 1 cup, 240 ml	80	2	1	15	1	8	2	690	6	
Simple Truth Organic Super Sweet Corn 1/2 cup, 125 g	60	1.5	0	9	2	7	2	200	0	
Mashed Potatoes (Whole Milk and Butter Added) 1 cup	237	8.86	4.364	35.22	3.2	3	3.93	666	23	601
Cooked Kale (from Fresh) 1/2 cup fresh	34	2.11	0.38	3.69	1.3	0.81	1.24	169	0	148
Chicken Drumstick (Skin Not Eaten) 1 medium (yield after cooking, bone and skin removed)	72	2.36	0.616	0	0	0	11.78	175	39	102
Total	483	16.83	6.36	62.91	7.5	18.81	20.95	1900	68	851
Snacks/Other										
Blue Diamond Nut Thins 1/2 x 17, 15 g	65	1.75	0	11.5	0.5	1	1	40		
Baby Carrots 4 medium	14	0.05	0.009	3.3	0.7	1.9	0.26	31	0	95
Grape Tomatoes 5 grape	7	0.08	0.018	1.55	0.5	1.04	0.35	2	0	
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Cuties Clementines 2 clementines, 168 g	79	0.25	0	20	4	13	1.42	0	0	400
Total	295	14.13	2.027	42.35	10.7	16.94	4.03	78	0	875

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Total	1925	74.35	19.019	232.3	29	64.44	87.54	5539	204	2305.5