Thursday, November 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Biggest Loser Celery Sticks	8	0	0	2	1	0	0.5	37.5	0	
1/2 x 2 sticks, 42.5 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Bob's Red Mill Whole Ground Flaxseed Meal	120	9	0	8	8	0	6	0	0	
2 x 2 tbsp, 26 g										
Blue Diamond Almond Breeze Almond Coconut Blend Milk	60	3	1	7	1	6	1	130	0	180
1 cup, 240 ml										
Bob's Red Mill 10 Grain Hot Cereal	140	1	0	28	5	0	6	5	0	0
1/4 cup dry, 42 g										
Grapefruit	82	0.26	0.036	20.68	2.8	17.87	1.61	0	0	356
1 medium (approx 4" dia)										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Total	609	21.71	2.815	95.76	21.9	39.78	20.41	246.5	0	1062
Lunch										
Morningstar Farms Chipotle Black Bean Burger	190	7	1	22	8	2	17	540	0	390
1 burger, 120 g										
Fresh Selections Baby Bella Mushrooms	20	0	0	3	1	0	3	15	0	300
3 oz, 85 g										
Publix Green Bell Pepper	9	0	0	2.12	0.61	0.91	0.3	0	0	
36 g										
Cucumber (Peeled)	4	0.05	0.004	0.72	0.2	0.46	0.2	1	0	45

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup pared, chopped										
Cauliflower	6	0.02	0.008	1.32	0.6	0.6	0.5	8	0	76
1/4 cup										
Cabbage	11	0.05	0.007	2.48	1	1.59	0.64	8	0	109
1/2 cup chopped										
Pickles	12	0.12	0.031	2.68	0.8	2.28	0.4	833	0	75
1 medium										
Total	252	7.24	1.05	34.32	12.21	7.84	22.04	1405	0	995
Dinner										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Honeycrisp Apples	36	0.12	0.019	9.53	1.7	7.17	0.18	1	0	
1/2 medium (2-3/4" dia)										
Blue Diamond Almond Breeze Almond Coconut Blend Milk	60	3	1	7	1	6	1	130	0	180
1 cup, 240 ml										
Post Grape-Nuts Cereal	210	1	0	45	7	5	8	290	0	220
1/2 cup, 58 g										
shreded wheat bran	197	0.83	0.118	47.14	7.9	0.59	7.38	3	0	248
1 1/4 cups (1 NLEA serving)										
Total	572	5.16	1.161	126.23	20.7	30.66	17.83	425	0	880
Snacks/Other										
V8 V8 High Fiber 100% Vegetable Juice	60	0	0	13	5	8	2	480	0	470
8 oz										
Total	**1493**	**34.11**	**5.026**	**269.31**	**59.81**	**86.28**	**62.28**	**2556.5**	**0**	**3407**