Tuesday, May 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 4 mugs (8 fl oz)	9	0.19	0.019	0.38	0	0	1.14	19	0	446
Lunch										
Lucerne Sliced Colby Cheese 2 x 1 slice, 42 g	160	14	8	2	0	0	10	260	50	
Cucumber (with Peel) 3/4 cucumber (8-1/4")	34	0.25	0.077	8.19	1.1	3.77	1.47	5	0	332
Archer Farms Raw Mixed Nuts 1 1/4 x 1/4 cup, 35 g	212	18.75	1.88	7.5	2.5	1.25	6.25	0	0	
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Simply Balanced Organic Roasted Red Pepper Hummus 2 tbsp, 28 g	70	5	0	5	1	1	2	190	0	
Total	554	43.3	11.591	23.25	4.6	6.58	26.01	517	262	395
Dinner										
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Kirkland Signature Fully Cooked Bacon 1 1/2 x 2 slices, 27 g	120	9	4.5	0			9	525	30	
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Kirkland Signature Raw Almonds 1 oz, 28 g	160	14	1	6	3	1	6	0	0	200

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Season Brand Skinless & Boneless Imported Sardines in Pure Olive Oil 1 1/4 x 1/4 cup, 69 g	195	15	4.38	0	0	0	15	137.5	43.75	
Trader Joe's Tri-Tip Steak 1 serving, 4 oz	180	10	4	0	0	0	23	70	60	
Lucerne Sliced Colby Cheese 2 x 1 slice, 42 g	160	14	8	2	0	0	10	260	50	
Total	1220	95.4	28.265	13.05	4.9	2.9	86.19	1203.5	817.75	526

Snacks/Other

Total	1783	138.89	39.875	36.68	9.5	9.48	113.34	1739.5	1079.75	1367