Saturday, March 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Puerto Rican Style Oatmeal (made with Evaporated Milk and Sugar) 2 1/2 cups cooked	656	22.16	12.332	92.29	4.2	64.99	24.26	877	74	924
Bob's Red Mill Flaxseed Meal 1/2 x 2 tbsp, 6.5 g	30	1.75	0	2	2	0	1.5	2.5	0	
Dried Fruit Mixture 1/2 cup	166	0.3	0.041	44.07	5	32.41	1.49	12	0	507
Kirkland Signature Extra Fancy Mixed Nuts 1 oz, 28 g	170	16	2	6	2	1	5	75	0	
Total	1082	44.71	14.873	149.36	18.2	98.4	35.25	966.5	74	1431
Lunch										
Cooked Fish 1 fillet (6-1/4" x 3" x 3/8")	127	1.38	0.298	0	0	0	26.33	481	87	405
Pollo Tropical Boiled Yuca 1 serving, 7.5 oz	188	0	0	50.8	3.8	0	0	489.7	0	0
Cooked Spinach (from Fresh, Fat Added in Cooking) 1 cup fresh	74	4.16	0.767	6.81	4.3	0.78	5.33	527	0	836
Mangos 1 cup sliced	107	0.45	0.109	28.05	3	24.42	0.84	3	0	257
Total	496	5.99	1.174	85.66	11.1	25.2	32.5	1500.7	87	1498
Dinner										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Golden Krust Jamaican Style Spicy Beef Patty 2 3/4 x 1 patty, 390 g	1100	49.5	24.75	132	2.75	35.75	33	1787.5	41.25	
Total	2678	100.2	40.797	367.02	32.05	159.35	100.75	4254.7	202.25	2929