Sunday, July 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
XyloSweet Xylitol	10	0	0	4	0	0	0	0	0	
1 tsp, 4 g										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Stonyfield Farm Oikos Organic Nonfat Plain Greek Yogurt (5.3 oz)	80	0	0	6	0	6	15	60	5	230
1 container, 5.3 oz										
Skinless Chicken Breast	62	0.69	0.185	0	0	0	12.93	36	32	
2 oz boneless, cooked, skinless										
California Avocados	144	13.33	1.839	7.47	5.9	0.26	1.7	7	0	439
1/2 fruit without skin and seeds										
So Delicious Coconut Milk Creamer - Original	30	0	0	3	0	3	0	0	0	
3 x 1 tbsp, 45 ml										
Cinnamon	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
1 tsp										
Xylitol	10	0	0	2.83	0	2.53	0	0	0	
1 tsp										
Coffee	7	0.14	0.014	0.28	0	0	0.85	14	0	334
3 mugs (8 fl oz)										
Total	**398**	**14.69**	**2.076**	**37.09**	**10.1**	**18.92**	**31.59**	**120**	**37**	**1248**
Lunch										
Culver's Cauliflower Cheese Soup	95	5.29	2.27	8.69	0.38		3.02	426.38	9.07	
4 oz										
Au Bon Pain Black Bean and Corn Salad	130	0	0	25	5	2	5	310	0	
1 salad, 170 g										

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Broccoli Salad 1/4 cup	82	6.77	1.005	5.14	0.8	3.22	0.94	55	3	
The Deli Counter Classic Cole Slaw 1/2 cup, 105 g	170	12	2.5	16	2	13	1	170	10	
Lettuce Salad with Assorted Vegetables 6 cups	67	0.67	0.092	13.94	4.9	7.99	3.29	89	0	719
Total	544	24.73	5.867	68.77	13.08	26.21	13.25	1050.38	22.07	719
Dinner										
Southern cukes $ onions 2 servings	130	1.64	0.797	20.94	2.5	10.2	9.92	66	8	538
California Avocados 1/2 fruit without skin and seeds	144	13.33	1.839	7.47	5.9	0.26	1.7	7	0	439
Kraft Mayo 1 1/2 x 1 tbsp, 22.5 g	135	15	2.25	0	0	0	0	105	7.5	
Sprouts Reduced Sodium Turkey Breast 8 oz	200	4	0	0	0	0	44	1040	80	0
Total	609	33.97	4.886	28.41	8.4	10.46	55.62	1218	95.5	977
Snacks/Other										
Total	1551	73.39	12.829	134.27	31.58	55.59	100.46	2388.38	154.57	2944