Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jennie-O Turkey Breakfast Sausage Patties	110	6	1.5	0	0	0	14	570	60	
2 patties, 56 g										
Kroger Eggs (Large)	140	10	3	0	0	0	12	140	370	140
2 x 1 egg, 100 g										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Total	311	18.4	6.034	5.71	0	6.17	30.03	760	440	323
Lunch										
Great Value Canned Tuna in Water	50	1	0	0	0	0	10	180	25	100
1/4 cup, 2 oz										
Fit & Active Light Balsamic Vinaigrette Reduced Fat Dressing	50	4	0.5	3	0	3	0	360	0	
2 tbsp, 21 g										
Dole Spring Mix Salad	15	0	0	2.25	1.5	0	1.5	71.25	0	0
3/4 x 3 cups, 64 g										
Trader Joe's English Cucumber	9	0.1	0	2	0.5	0	0.4	1	0	10
1/2 cup, 70 g										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Hass Avocado	120	11	1.594	6.4	5	0.5	1.5	5	0	
1/2 avocado										
Total	266	16.35	2.151	18.47	8.5	6.73	14.48	623.25	25	402
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										
Atkins Mocha Latte Shake 11 fl oz, 325 ml	160	10	2.5	5	2	1	15	220	10	590
creamy peanut butter great value 12 g	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
gold standard 100% whey extreme 1/2 x 1 scoop, 16.2 g	65	0.75	0.25	2	0	0.5	12	50	15	
flax seed 1/4 x 2 tbsp, 3 g	15	1.25	0	1	1	0	0.75	0	0	
oats 15 g	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
peanuts 0.06 cup	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
milk 0.06 cup	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
Total	426	23.71	4.777	23.53	5.98	4.15	34.87	334	26	742.2
Total	**1003**	**58.46**	**12.962**	**47.71**	**14.48**	**17.05**	**79.38**	**1717.25**	**491**	**1467.2**