Friday, March 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 12 fl oz	4	0.07	0.007	0.14	0	0	0.43	7	0	167
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Uncle Sam Original Cereal 1/2 x 3/4 cup, 27.5 g	95	2.5	0.25	19	5	0.45	3.5	67.5	0	125
Muesli (Dried Fruit and Nuts) 1/2 cup	144	2.08	0.342	33.06	3.1	13.18	4.12	98	0	207
Orange Juice 4 fl oz	56	0.25	0.03	12.9	0.2	10.42	0.87	1	0	248
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	419	7.73	0.742	89.17	11.9	36.4	11.02	354.5	0	1279
Lunch										
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Pears 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Driscoll's Raspberries 1 cup, 123 g	52	0.7	0	12	7	4	1	1	0	
Total	284	0.9	0.01	50.86	12.1	33.47	24.63	118	10	198
Dinner										

Friday, March 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Kirkland Signature Wild Alaskan Pacific Cod 1 piece, 170 g	140	1	0	0	0	0	30	90	75	
Lindsay Large Black Olives 2 x 4 olives , 30 g	50	5	0	2	0	0	0	230	0	
Eating Right Spring Mix Salad Greens 1/2 x 4 1/2 cups, 42.5 g	10	0	0	2	1	0	1	22.5	0	
Roma Tomatoes 1 medium, 148 g	35	1	0	1	0	1	1	5	0	0
Newman's Own Lighten Up Sesame Ginger Dressing (Pouch) 1/2 x 1 pouch, 21.25 g	25	1.25	0	3.5	0	3	0	295	0	
Cooked Asparagus (from Fresh) 6 oz	66	3.76	0.753	6.85	3.2	2.14	3.96	393	0	371
Total	456	24.01	2.753	21.35	9.2	6.14	36.96	1040.5	75	751

Snacks/Other

Total	1159	32.64	3.505	161.38	33.2	76.01	72.61	1513	85	2228