

Monday, August 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Fried Vegetables Dipped in Chick Pea Flour Batter (Pakora) 15 pakoras	212	8.26	0.999	27.85	7.7	5.18	8.21	1985	0	443
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Grilled Chicken 8 oz boneless	538	30.59	8.524	0	0	0	61.4	918	198	
Starbucks Chocolate Chip Cookie 1 cookie	310	15	9	43	2	27	4	260	45	0
D'Artagnan Lamb Merguez Sausage 1/2 x 1 link, 30 g	80	7	3	0	0	0	3.5	120	17.5	
Trader Joe's Masala Simmer Sauce 1/3 cup, 125 g	90	5	1.5	11	1	9	2	450	5	
Total	1258	66.25	23.086	87.13	14	42.63	81.62	3781	265.5	923
Dinner										
Ground Beef (85% Lean / 15% Fat) 12 oz	722	50.4	19.706	0	0	0	62.46	222	228	991
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Mozzarella Cheese 2 slices (1 oz)	171	11.36	7.184	2.17	0	0.34	14.72	299	31	54
Heinz Tomato Ketchup	60	0	0	15	0	12	0	480	0	0

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3 x 1 tbsp, 51 g										
Total	981	62.16	26.953	22.45	3.3	13.79	79.69	1049	259	1525
Snacks/Other										
Schilling Dry Cider	135	0	0	12	0	7	0	0	0	0
12 oz (3/4 can)										
Trader Joe's Dark Chocolate Peanut Butter Cups	200	12	6	22	2	18	3	110	0	
3 pieces, 37 g										
Total	335	12	6	34	2	25	3	110	0	0
Total	2574	140.41	56.039	143.58	19.3	81.42	164.31	4940	524.5	2448