Friday, January 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Cooked Broccoli (Fat Not Added in Cooking) 2 cups, flowerets	68	0.8	0.153	13.85	6.4	2.68	4.6	539	0	565
Isernio's Breakfast Chicken Sausage 3 x 2 1/2 oz, 213 g	240	7.5	1.5	0	0	0	39	1560	165	
Total	427	21.8	3.517	13.85	6.4	2.68	43.6	2099	165	565
Lunch										
Starbucks Chocolate Chip Cookie 1 serving, 80 g	310	15	9	43	2	27	4	260	45	0
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
Cooked Spinach (from Fresh) 1 cup fresh	74	4.16	0.767	6.81	4.3	0.78	5.33	527	0	836
Patak's Jalfrezi Curry Simmer Sauce 1/2 cup , 140 g	170	10	6	18	4	11	2	390	0	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Chicken Drumstick 1 medium (yield after cooking, bone removed)	105	5.42	1.482	0	0	0	13.13	202	44	111
Chicken 6 oz boneless, cooked	403	22.95	6.393	0	0	0	46.05	687	148	376
Total	1302	66.19	24.704	100.94	21.3	45.41	81.23	4099	237	2246

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Cooked Broccoli (Fat Not Added in Cooking) 2 cups, flowerets	68	0.8	0.153	13.85	6.4	2.68	4.6	539	0	565
Chicken Stock 4 cups (8 fl oz)	49	1.17	0.292	6.03			3.79	3169	0	97
Chicken 5 oz boneless, cooked	336	19.12	5.328	0	0	0	38.37	573	123	313
Total	572	34.59	7.637	19.88	6.4	2.68	46.76	4281	123	975
Snacks/Other										
Total	**2301**	**122.58**	**35.858**	**134.67**	**34.1**	**50.77**	**171.59**	**10479**	**525**	**3786**