

## Monday, August 14, 2017

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
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
Grilled Chicken 10 oz boneless	672	38.23	10.655	0	0	0	76.75	1147	247	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Trader Joe's Masala Simmer Sauce 2 x 1/3 cup, 250 g	180	10	3	22	2	18	4	900	10	
<b>Total</b>	<b>1092</b>	<b>56.89</b>	<b>14.717</b>	<b>55.13</b>	<b>13</b>	<b>24.63</b>	<b>91.47</b>	<b>4080</b>	<b>257</b>	<b>923</b>
<b>Dinner</b>										
Chicken Thigh 2 large (yield after cooking, bone removed)	412	25.8	7.214	0	0	0	41.75	682	155	370
Bob's Red Mill Almond Meal Flour 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	
Cooked Cauliflower (Fat Not Added in Cooking) 2 cups	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
Sweet Potato 1/2 5" long	56	0.03	0.012	13.08	2	2.72	1.02	36	0	219
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3

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2 tbsps										
<b>Total</b>	<b>844</b>	<b>55.5</b>	<b>16.671</b>	<b>37.38</b>	<b>13.2</b>	<b>9.72</b>	<b>52.45</b>	<b>1951</b>	<b>194</b>	<b>1099</b>
<b>Snacks/Other</b>										
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate	100	8	4.5	10.5	2	6.5	1.5	75	0	
1/2 x 1/2 bar, 21 g										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	
1 cup, 227 g										
Schilling Dry Cider	135	0	0	12	0	7	0	0	0	0
12 oz (3/4 can)										
<b>Total</b>	<b>455</b>	<b>19</b>	<b>12.5</b>	<b>31.5</b>	<b>2</b>	<b>22.5</b>	<b>21.5</b>	<b>155</b>	<b>30</b>	<b>0</b>
<b>Total</b>	<b>2391</b>	<b>131.39</b>	<b>43.888</b>	<b>124.01</b>	<b>28.2</b>	<b>56.85</b>	<b>165.42</b>	<b>6186</b>	<b>481</b>	<b>2022</b>