

Monday, August 14, 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
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	
Total	1092	56.89	14.717	55.13	13	24.63	91.47	4080	257	923
Dinner										
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										
Total	844	55.5	16.671	37.38	13.2	9.72	52.45	1951	194	1099
Snacks/Other										
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)										
Total	455	19	12.5	31.5	2	22.5	21.5	155	30	0
Total	2391	131.39	43.888	124.01	28.2	56.85	165.42	6186	481	2022