

Wednesday, August 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Aidells Organic Chicken & Apple Sausage	300	20	6	6	0	4	26	1360	170	
2 x 1 link, 170 g										
Mushrooms	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
1 cup pieces or slices										
Broccoli	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
1/2 cup chopped										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Daisy 4% Small Curd Cottage Cheese	220	10	6	8	0	8	26	720	30	
2 x 1/2 cup, 226 g										
Total	946	61.81	25.545	20.87	1.9	15.48	80.72	2381	1077	638
Lunch										
Starbucks Chocolate Chip Cookie	620	30	18	86	4	54	8	520	90	0
2 x 1 cookie										
Dinner										
Chicken Thigh	652	40.86	11.422	0	0	0	66.1	1080	245	585
14 oz boneless (yield after cooking)										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Poppy Seed Dressing	131	12.05	1.731	6.1	0	3.92	0.06	127	0	4
2 tbsps										

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Cooked Mushrooms (Fat Added in Cooking)	39	2.21	0.394	4.15	1.7	1.71	1.69	202	0	277
1/2 cup										
Total	841	55.38	13.589	13.77	3.9	6.6	69.52	1441	245	1186
Snacks/Other										
Inka Chips Plantain Chips	140	6.5	3	20	1		1	50	0	200
20 chips, 28 g										
Franzia Fruity Red Sangria	220	0		22	0	16	0	10	0	
2 x 1 glass, 10 oz										
Total	360	6.5	3	42	1	16	1	60	0	200
Total	2767	153.69	60.134	162.64	10.8	92.08	159.24	4402	1412	2024