Friday, November 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cauliflower 2 cups	50	0.2	0.064	10.6	5	4.8	3.96	60	0	606
Nutiva Organic Extra Virgin Coconut Oil 1 tbsp, 15 ml	130	14	13	0	0	0	0	0	0	0
Egg 3 extra large	256	17.3	5.392	1.34	0	1.34	21.89	244	736	233
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	676	39	19.956	11.94	5	6.14	64.85	1864	901	839
Lunch										
Baby Spinach 3 cups	21	0.35	0.057	3.27	2	0.38	2.57	71	0	
Chicken 5 oz boneless, cooked	336	19.12	5.328	0	0	0	38.37	573	123	313
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
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
Chicken Drumstick 2 medium (yield after cooking, bone removed)	210	10.84	2.964	0	0	0	26.26	404	88	222
Total	807	38.97	9.411	36.4	13	7.01	77.92	3081	211	1458
Dinner										

Friday, November 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Prego Traditional Spaghetti Sauce	140	3	0	26	6	20	4	960	0	
2 x 1/2 cup, 240 ml										
Cooked Spaghetti Squash	226	12.29	2.367	30.24	6.7	11.71	3.07	989	0	547
3 cups of										
Ground Beef (85% Lean / 15% Fat)	482	33.6	13.138	0	0	0	41.64	148	152	661
8 oz										
Total	848	48.89	15.505	56.24	12.7	31.71	48.71	2097	152	1208
Snacks/Other										
Endangered Species Chocolate 72% Supreme Dark Chocolate	50	4	2.5	4.75	1	2.75	0.75	0	0	
1/4 x 4 pieces, 10 g										
Seattle Cider Co. Dry Hard Cider	195	0	0	0	0	0	0			
1 can										
Total	245	4	2.5	4.75	1	2.75	0.75	0	0	
Total	**2576**	**130.86**	**47.372**	**109.33**	**31.7**	**47.61**	**192.23**	**7042**	**1264**	**3505**