Sunday, July 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Trader Joe's Greek Style Nonfat Yogurt - Plain	120	0	0	7	0	6	22	70	0	270
1 cup, 227 g										
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola	180	6	0.75	27.75	2.25	9	4.5	75	0	
3/4 x 2/3 cup, 41 g										
Total	430	11.41	4.01	55.75	5.55	29.41	28.19	164	17	476
Lunch										
Olive Oil	40	4.5	0.621	0	0	0	0	0	0	0
1 tsp										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Egg	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
2 medium										
Cream Cheese	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
1 tbsp										
Smoked Salmon	47	1.73	0.372	0	0	0	7.31	314	9	70
2 pieces										
Thomas' Original English Muffins	120	1	0	25	1	1	4	200	0	0
1 muffin, 61 g										
Total	500	30.32	12.811	26.43	1	1.86	30.44	854	426	232

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Dinner										
Tandoor Chef Vegetable Samosa	570	30	12	63	6	3	12	1200	0	
3 x 1 piece										
Snacks/Other										
Ben & Jerry's Sweet Cream and Cookies Ice Cream	240	13	7	24	0	18	4	95	55	
1/2 cup, 88 g										
Beer	310	0	0	25.56	0	0	3.31	29	0	194
2 cans or bottles (12 fl oz)										
Total	550	13	7	49.56	0	18	7.31	124	55	194
Total	**2050**	**84.73**	**35.821**	**194.74**	**12.55**	**52.27**	**77.94**	**2342**	**498**	**902**