

Wednesday, September 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pears 2.15 oz	35	0.07	0.004	9.42	1.9	5.97	0.23	1	0	73
Eggland's Best Large Grade A Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	350	0
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 3/4 x 4 links, 42 g	68	3.38	1.12	1.5	0	0	7.5	315	30	
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
great value organic milk 10 ml	3	0	0	0.48	0	0.48	0.36	5	0.2	16.4
Rubschlager Rye-Ola Black Rye Bread 1 slice	90	0	0	21	4	0	3	170	0	
Full Circle Sunflower Butter 1/4 x 2 tbsp, 8 g	50	4	0.5	1.75	1	0.75	1.75	30	0	
Total	372	15.57	3.636	34.39	6.9	7.2	25.55	663	380.2	367.4
Lunch										
Cedar's Organic Original Hommus 2 tbsp, 30 g	60	4.5	0	5	1	1	2	100	0	
Carrots 3/4 cup strips or slices	38	0.22	0.034	8.77	2.6	4.15	0.85	63	0	293
Maria and Ricardo's Whole Wheat Tortillas 1 tortilla, 48 g	150	4.5	0.5	22	3	1	4	330	0	
Ground Beef (Cooked) 1/4 cup cooked	85	5.71	2.211	0	0	0	7.8	123	27	88

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Fage Total 0% Greek Yogurt 14 g	8	0	0	0.56	0	0.56	1.43	5.27	0.62	0
Tostitos Medium Salsa 2 tbsp, 30 ml	10	0		2	1	1	0	75	0	
Knorr Fiesta Sides - Mexican Rice 4 g	17	0.06	0	2.95	0.12	0.06	0.41	39.53	0	
McCormick Original Taco Seasoning Mix 1/2 x 2 tsp dry mix, 2.25 g	10	0		2	0	0	0	210	0	
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/2 x 1/4 cup, 14 g	40	3	1.75	0.5	0	0	4	95	7.5	
Total	418	17.99	4.495	43.78	7.72	7.77	20.49	1040.8	35.12	381
Dinner										
Explore Asian Organic Black Bean Spaghetti 2 oz, 56 g	180	2	1	17	12	5	25	2	0	0
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Central Market Puttanesca 1/2 Cup, 125 g	80	5		9	2	0	2	580	0	
Harvestland Grilled Chicken Breast Strips 95 g	113	1.7	0	0	0	0	22.6	531.1	56.5	
Total	407	9.1	1.077	32.93	17.2	6.34	51.9	1383.1	56.5	282
Snacks/Other										
Strongbow Hard Apple Cider - Ginger	172	0		22	0	22	0	0	0	

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1 Bottle, 11.2 oz										
McDonald's Coffee Creamer	20	2	1.5	0	0	0	0	15	10	
1 container, 0.4 oz										
McDonald's Premium Roast Coffee (Large)	0	0	0	0	0	0	0	70	0	0
1 serving, 16 oz										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Total	272	4	2.5	30	5	23	10	515	20	0
Total	1469	46.66	11.708	141.1	36.82	44.31	107.94	3601.9	491.82	1030.4