

## Monday, February 11, 2019

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar	160	3	0.5	29	6	1	7	290	0	150
1 packet, 45 g										
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)										
KOS Organic Vegan Plant- Based Protein	60	1	0	2.5	1	1	10	250	0	120
1/2 x 2 scoops, 16.65 g										
Soy Milk	127	4.7	0.571	12.08	3.2	1.22	10.98	135	0	304
1 cup										
<b>Total</b>	<b>419</b>	<b>8.93</b>	<b>1.11</b>	<b>62.64</b>	<b>13.5</b>	<b>17.56</b>	<b>28.34</b>	<b>676</b>	<b>0</b>	<b>722</b>
<b>Lunch</b>										
Firm Silken Tofu	208	9.07	1.364	8.06	0.3	4.27	23.18	121	0	652
4 slices										
Kame Udon Stir-Fry Noodles	320	2	0	62	4	2	10	320	0	
2 x 1/2 pouch, 7 oz										
Fresh Selections Stir Fry Vegetables	30	0	0	6	2	2	2	35	0	
1 cup, 85 g										
<b>Total</b>	<b>558</b>	<b>11.07</b>	<b>1.364</b>	<b>76.06</b>	<b>6.3</b>	<b>8.27</b>	<b>35.18</b>	<b>476</b>	<b>0</b>	<b>652</b>
<b>Dinner</b>										
Zucchini	31	0.35	0.073	6.57	2.2	3.39	2.37	20	0	514
1 medium										
Salmon	166	6.72	1.429	0	0	0	24.52	52	51	480
4 oz boneless										
Jasmine Rice (Cooked)	238	3.5	0.689	45	0.8	0.08	5.34	189	0	

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1 cup cooked										
<b>Total</b>	<b>435</b>	<b>10.57</b>	<b>2.191</b>	<b>51.57</b>	<b>3</b>	<b>3.47</b>	<b>32.23</b>	<b>261</b>	<b>51</b>	<b>994</b>

**Snacks/Other**

<b>Total</b>	<b>1412</b>	<b>30.57</b>	<b>4.665</b>	<b>190.27</b>	<b>22.8</b>	<b>29.3</b>	<b>95.75</b>	<b>1413</b>	<b>51</b>	<b>2368</b>
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