

Wednesday, January 30, 2019

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Southern Home Shredded Mild Cheddar Natural Cheese 1/4 cup	110	9	5	1	0	0	7	180	30	
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Red Potatoes (Flesh and Skin) 1 cup diced	108	0.21	0.039	23.85	2.6	1.5	2.84	9	0	682
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Total	361	14.4	6.589	26.19	2.6	2.82	30.52	478	242	964
Lunch										
Goats Cheese (Soft) 1 oz	76	5.98	4.132	0.25	0	0.25	5.25	104	13	7
Beets 1 cup	58	0.23	0.037	13	3.8	9.19	2.19	106	0	442
Melissa's Butternut Squash 1 cup cubes, 140 g	60	0	0	16	2	0	1	5	0	
Total	194	6.21	4.169	29.25	5.8	9.44	8.44	215	13	449
Dinner										
Firm Silken Tofu 3 slices	156	6.8	1.023	6.05	0.3	3.2	17.39	91	0	489
Mahatma Jasmine Rice 1 1/4 x 1/4 cup dry (3/4 cup prepared), 56 g	200	0	0	45	0	0	3.75	0	0	
Zucchini 1 cup chopped	20	0.22	0.046	4.15	1.4	2.15	1.5	12	0	325
Lee Kum Kee Sriracha Mayo	180	20	3	2	0	2	0	420	18	

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2 x 1 tbsp, 30 g										
Total	556	27.02	4.069	57.2	1.7	7.35	22.64	523	18	814
Snacks/Other										
Coffee-Mate French Vanilla Liquid Coffee Creamer	70	3	0	10	0	10	0	60	0	
2 x 1 tbsp, 30 ml										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Total	72	3.05	0.005	10.09	0	10	0.28	65	0	111
Total	1183	50.68	14.832	122.73	10.1	29.61	61.88	1281	273	2338