Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Great Value Original Coffee Creamer 2 x 1 tbsp, 30 ml	30	2	0	2	0	0	0	0	0	50
Total	112	7.37	1.636	2.56	0	0.56	6.83	148	211	345
Lunch										
Cap'N Crunch 1 1/2 cups	217	3.14	0.81	45.8	1.4	23.53	2.35	404	0	108
Milk (1% Lowfat with Added Vitamin A) 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Total	319	5.51	2.355	57.98	1.4	36.22	10.57	511	12	474
Dinner										
Snacks/Other										
Peanut Butter Sandwich 1/2 sandwich	171	8.44	1.739	18.97	1.6	2.73	6.11	284	0	127
Pork Skins 1 oz	155	8.87	3.223	0	0	0	17.38	521	27	36
Dry Roasted Peanuts (with Salt) 1 oz	166	14.08	1.954	6.1	2.3	1.19	6.71	230	0	187
Little Debbie Oatmeal Creme Pies	170	7	2	26	1	12	1	170	0	

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1 cookie, 38 g										
Total	662	38.39	8.916	51.07	4.9	15.92	31.2	1205	27	350
Total	**1093**	**51.27**	**12.907**	**111.61**	**6.3**	**52.7**	**48.6**	**1864**	**250**	**1169**