Thursday, March 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee with Milk	13	0.29	0.164	1.68	0	0.44	0.65	13	0	
2 coffee cups (6 fl oz)										
Liberte 0% Greek Yogurt - Wild Blueberry	120	0	0	19	1	18	12	45	0	
1 container, 142 g										
Total	133	0.29	0.164	20.68	1	18.44	12.65	58	0	
Lunch										
White Rice	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
1 cup cooked										
Beef Stew with Potatoes and Vegetables (Including Carrots, Broccoli, and/or Dark-Green Leafy) in Tomato-Based Sauce	149	6.52	2.436	13.09	2.4	1.99	9.29	530	24	361
2/3 serving (252 g)										
Total	353	6.96	2.556	57.17	3	2.07	13.49	1107	24	416
Dinner										
San Pellegrino Chinotto	48	0	0	12	0	12	0	11	0	
1/2 x 1 bottle, 3.25 oz										
Hamburger or Hotdog Rolls	120	1.86	0.47	21.26	0.9	2.69	4.08	206	0	40
1 roll										
Veal Cutlet or Steak	178	6.19	2.4	0	0	0	28.64	335	101	341
3 oz boneless, cooked										
Total	346	8.05	2.87	33.26	0.9	14.69	32.72	552	101	381
Snacks/Other										
Watermelon	119	0.6	0.064	29.97	1.6	24.61	2.42	4	0	445
14 oz										

Thursday, March 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Oranges 1 fruit (2-5/8" dia)	62	0.16	0.02	15.39	3.1	12.25	1.23	0	0	237
Pop Secret Movie Theater Butter Popcorn 4 cups popped	140	12	2.5	14	3	0	2	300	0	0
Gandolfo's Chocolate Mousse Cake 1 piece	411	20	11	55	2	37	5	445	65	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Gandolfo's Chocolate Mousse Cake 1 piece	411	20	11	55	2	37	5	445	65	
Total	1248	53.15	24.716	196.31	14.8	125.29	16.94	1195	130	1104
Total	**2080**	**68.45**	**30.306**	**307.42**	**19.7**	**160.49**	**75.8**	**2912**	**255**	**1901**