Monday, April 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Coca-Cola Coca-Cola Life (Can) 1 can, 12 oz	90	0	0	24	0	24	0	35	0	0
Dole Chopped Salad Kit Bacon & Bleu 2 x 1 serving, 7 oz	300	26	5	12	6	6	8	780	20	
Bob Evans Loaded Mashed Potatoes 2 x 1/2 cup, 280 g	340	16	8	42	4	4	8	900	50	
Pork Chop 1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	217	12.68	4.699	0	0	0	24.28	336	72	351
Total	947	54.68	17.699	78	10	34	40.28	2051	142	351
Snacks/Other										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Ghirardelli Cabernet Matinee 3 pieces, 38 g	180	12	7	23	3	18	2	0	5	
Driscoll's Blackberries 170 g	51	0.59	0	11.81	5.9	5.9	1.18	1.18	0	
Coca-Cola Vanilla Coke Zero 12 oz 1	0	0	0	0	0	0	0	40	0	0
Yoplait Greek 100 Yogurt - Black Cherry	100	0	0	14	0	9	10	45	4	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 container, 150 g										
Driscoll's Strawberries	50	0		11	2	7	1	2	0	
1 cup, 144 g										
Reese's Miniature Peanut Butter Cups	132	7.2	2.7	13.2	0.6	11.4	2.4	69	3	
3 x 1 minature cup, 21 g										
Red Raspberries	84	1.05	0.031	19.34	10.5	7.16	1.94	2	0	245
6 oz yields										
Yoplait Greek 100 Yogurt - Strawberry Cheesecake	100	0	0	12		8	12	85	3	
1 container, 150 g										
Total	822	20.84	9.731	108.19	22	67.37	30.62	250.18	15	432
Total	1769	75.52	27.43	186.19	32	101.37	70.9	2301.18	157	783