Friday, August 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Campbell's Tomato Juice 1 serving, 8 oz	50	0	0	10	2	7	2	680	0	380
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	85
Kellogg's Special K Red Berries 1 cup, 39 g	110	0	0	27	3	9	2	190	0	70
Bananas 1/2 medium (7" to 7-7/8" long)	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
Total	228	1.44	0.066	50.98	7	23.22	5.14	961	0	746
Lunch										
Lean Cuisine Culinary Collection Chicken Marsala 1 package, 230 g	210	6	2.5	23	1	4	17	580	35	570
Dinner										
Ball Park Fat Free Turkey Hot Dogs 2 x 1 link, 100 g	90	0	0	10	0	6	12	840	20	900
Bush's Best Onion Baked Beans 1 1/2 x 1/2 cup, 195 g	210	1.5	0	43.5	7.5	18	9	825	0	
King's Hawaiian Hot Dog Buns 1 bun, 43 g	130	3	2	22	1	7	4	115	25	0
Total	430	4.5	2	75.5	8.5	31	25	1780	45	900
Snacks/Other										
Pears	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198

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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 medium (approx 2-1/2 per lb)										
Tomatoes	33	0.36	0.084	7.13	2.2	4.79	1.6	9	0	431
2 small whole (2-2/5" dia)										
Tostitos Baked Tostitos Scoops	60	1.5	0.25	11	1	0	1	62.5	0	0
1/2 x 16 chips, 14 g										
Tribe Spicy Chipotle Hummus	100	7	0	8	2	0	4	300	0	
2 x 2 tbsp, 56 g										
Sunshine Cheez-It Snack Mix	130	4.5	1	20	1	1	3	370	0	
1/2 cup, 30 g										
Peach	62	0.4	0.03	15.07	2.4	13.26	1.44	0	0	300
2 small (2" dia) (approx 5 per lb)										
Total	481	13.96	1.374	86.86	13.7	35.32	11.67	743.5	0	929
Total	1349	25.9	5.94	236.34	30.2	93.54	58.81	4064.5	80	3145