Wednesday, December 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Jumbo Butter Flavored Biscuits	360	16	10	50	2	10	6	920	0	680
2 x 1 biscuit, 114 g										
Eckrich Smoky Breakfast Sausage Links	450	42		9	0	9	15	1410	90	
3 x 2 links, 141 g										
Brummel & Brown Spread made with Yogurt	180	20	6	0	0	0	0	360	0	
4 x 1 tbsp, 56 g										
Egg Omelet or Scrambled Egg	98	7.14	2.086	1.15	0	1.17	6.81	247	213	91
1 large										
Total	1088	85.14	18.086	60.15	2	20.17	27.81	2937	303	771
Lunch										
Dinner										
Reggano 100% Real Parmesan Grated Cheese	20	1.5	1	0	0	0	2	75	5	
2 tsp, 5 g										
French's Honey Mustard	10	0	0	1	0	1	0	35	0	0
1 tsp, 5 g										
Lettuce Salad with Assorted Vegetables	6	0.06	0.008	1.16	0.4	0.67	0.27	7	0	60
1/2 cup										
Kraft Cheesy skillets lasagna	190	3.5		16			4			
1/2 x 1 cup										
Total	226	5.06	1.008	18.16	0.4	1.67	6.27	117	5	60
Snacks/Other										

Wednesday, December 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Frosted Blueberry Toaster Pastries 1 pastry, 52 g	200	5	2	37	1	16	2	150	0	60
Doritos Spicy Sweet Chili Tortilla Chips 12 chips, 28 g	140	7	1	18	1	0	2	270	0	
Total	340	12	3	55	2	16	4	420	0	60
Total	1654	102.2	22.094	133.31	4.4	37.84	38.08	3474	308	891