Friday, April 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Homestyle Yeast Rolls 2 x 1 roll	340	6	1	62	2	8	10	620	0	
Indian Flatbread Naan 1/2 piece (1/4 10" dia)	68	2.55	1.514	9.4	0.4	0.42	1.87	71	7	30
Coffee with Cream and Sugar 1 coffee cup (6 fl oz)	50	1.42	1.295	9.14	0	8.51	0.38	11	0	
Hummus 3 tbsps	80	3.87	0.505	9.05	1.8	0.21	2.19	109	0	78
World Table Creamy Spinach & Artichoke Dip 3 x 2 tbsp, 105 g	210	18	9	6	0	3	6	570	15	
Total	748	31.84	13.314	95.59	4.2	20.14	20.44	1381	22	108
Lunch										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Kroger Homestyle Yeast Rolls 1 roll	170	3	0.5	31	1	4	5	310	0	
Total	264	11.06	2.147	34.13	2	5.48	9.01	383	0	104
Dinner										
2% Fat Milk 3 cups	366	14.42	9.201	34.26	0	37.04	24.16	300	59	1098
America's Choice Lite Italian Dressing 2 tbsp, 30 ml	35	2	0	4	0	4	0	350	0	0
Roasted Broiled or Baked Chicken Breast 1 thick slice (approx 2" x 1-1/2" x 3/8")	41	1.62	0.456	0	0	0	6.21	83	17	51

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Baked or Broiled Crab 1/2 medium blue (Atlantic) (6 oz live wt) (yield after cooking, shell removed)	33	1.5	0.258	0.03	0	0	4.54	129	23	73
Boiled or Steamed Crayfish 1 oz, without shell of	23	0.33	0.05	0	0	0	4.66	116	37	82
Hummus 2 tbsps	53	2.58	0.337	6.04	1.2	0.14	1.46	73	0	52
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Total	573	22.67	10.333	48.98	2.8	43.84	42.13	1081	136	1596

Snacks/Other

Total	1585	65.57	25.794	178.7	9	69.46	71.58	2845	158	1808