Sunday, July 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee with Milk and Sugar 1 mug (8 fl oz)	41	0.19	0.106	9.56	0	8.75	0.42	8	0	
General Mills Banana Nut Cheerios 3/4 cup, 28 g	100	1	0	24	2	9	1	160	0	70
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
EAS Lean 15 Protein Powder - Vanilla Cream 2 sccops, 30 g	100	1	0.5	11	5	4	15	170	25	140
Total	363	7	3.673	55.98	7	34.1	24.47	438	45	576
Lunch										
Peach 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
Fred Meyer Lite Ranch 2 tbsp	70	6	1	3	0	2	0	250	3	
Toasted Whole Wheat Bread 2 regular slices	135	2.12	0.468	24.63	2.6	2.87	4.78	277	0	106
Denny's Sliced Tomatoes (3 Slices) 1 serving, 2 oz	10	0	0	2	1	2	1	3	0	
Total	253	8.36	1.487	38.98	5.1	15.09	6.67	530	3	292
Dinner										
V8 Splash Strawberry Kiwi 8 fl oz, 240 ml	70	0	0	18	0	16	0	30	0	20
Fred Meyer Lite Ranch 2 tbsp	70	6	1	3	0	2	0	250	3	

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Cooked Pumpkin 1/2 cup mashed	58	2.19	0.525	9.92	3.5	4.02	1.35	208	0	252
Breaded Chicken Patty, Fillet or Tenders 3 tenders, NFS	143	9.03	1.931	7.83	0.4	0.42	7.48	276	26	125
Lee's Famous Recipe Cole Slaw 2 x 1/2 cup, 256 g	376	20	4	44	6	34	2	580	10	
Mashed Potato made with Milk (from Fresh) 1/2 cup	85	0.35	0.176	18.96	1.7	1.43	1.98	250	1	320
Total	802	37.57	7.632	101.71	11.6	57.87	12.81	1594	40	717

Snacks/Other

Total	1418	52.93	12.792	196.67	23.7	107.06	43.95	2562	88	1585