Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Giant Eagle Freshly Frozen Berry Medley	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
1/4 x 1 cup, 35 g										
Hillshire Farm Oven Roasted Turkey Breast	50	0.5	0	2	0	0	9	490	25	
4 slices, 56 g										
Nishiki Premium Sticky Rice	300	0	0	66			6	0	0	
2 x 1/4 cup uncooked, 84 g										
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Emerald Dry Roasted Almonds 100 Calorie Pack	100	9	0.5	3	2	1	4	150	0	125
1 package, 18 g										
Gala Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Schwebel's Smart Lite Wheat Bread	70	0	0	16	6	2	5	150	0	
2 slices, 42 g										
Hillshire Farm Oven Roasted Turkey Breast	50	0.5	0	2	0	0	9	490	25	
4 slices, 56 g										
Bertman's Original Ballpark Mustard	10	0	0	1	0	1	0	120	0	
1 Tsp										
Total	301	9.74	0.539	41.06	11.3	18.34	18.36	911	25	125
Dinner										
Snacks/Other										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Reese's Peanut Butter Cup 2 x 1 piece, 30 g	210	9	3	18	1	16	4	110	0	
Total	879	19.36	3.539	131.31	13.8	36.84	37.61	1511	50	125