Monday, September 12, 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 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Emerald Dry Roasted Almonds 100 Calorie Pack 1 package, 18 g	100	9	0.5	3	2	1	4	150	0	125
Gala Apples 1 medium (2-3/4" dia)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Schwebel's Smart Lite Wheat Bread 2 slices, 42 g	70	0	0	16	6	2	5	150	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Total	301	9.74	0.539	41.06	11.3	18.34	18.36	911	25	125
Dinner										
Giant Eagle Sharp Cheddar Shredded Cheese	110	9	6	1	0	0	7	180	30	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 28 g										
Nishiki Premium Sticky Rice	300	0	0	66			6	0	0	
2 x 1/4 cup uncooked, 84 g										
Beef Curry	434	30.59	6.804	13.69	2.8	6.44	27.59	1300	61	906
1 cup										
Total	844	39.59	12.804	80.69	2.8	6.44	40.59	1480	91	906
Snacks/Other										
Sargento Deli Style Sliced Havarti Cheese	160	12	8	0		0	8	240	30	
2 x 1 slice, 40 g										
Nabisco Cool Mint Oreos	140	7	2.5	20	1	13	0	120	0	40
2 cookies, 29 g										
Total	300	19	10.5	20	1	13	8	360	30	40
Total	**1813**	**68.95**	**23.843**	**214**	**16.6**	**40.28**	**82.2**	**3241**	**171**	**1071**