Saturday, February 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Whole Wheat Bread 1 thin slice	51	0.8	0.176	9.24	1	1.08	1.79	104	0	40
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Cream (Half & Half, Fat Free) 3 tbsps	27	0.63	0.378	4.05	0	2.25	1.17	65	2	93
Total	265	15.57	4.509	14.1	1	4.09	15.78	362	422	384
Lunch										
Stouffers Breaded Alaskan Pollock Fillet And Macaroni And Cheese 255 gr, 255 g	400	19	5	35	1	2	22	800	55	
Dinner										
Stouffer's Signature Classics Spaghetti with Meat Sauce 1 package, 340 g	320	10	3.5	41	3	8	16	660	30	
Pork Loin (Tenderloin) 4 oz	154	6.13	2.121	0	0		23.29	56	75	407
Newman's Own Balsamic Vinaigrette Dressing 2 tbsp, 30 g	90	9	1	3	0	1	0	350	0	
Mixed Salad Greens 1 cup shredded or chopped	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1% Fat Milk 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366

Saturday, February 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	675	27.63	8.187	57.94	4.1	22.17	48.35	1189	117	933
Snacks/Other										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Baileys Original Irish Cream 1.3 fl oz, 37 ml	117	5.8	3.5	7.4	0	5.7	5.8	33	136	
Jell-O Sugar Free Chocolate Vanilla Swirls 1 container, 103 g	60	1.5	1	10	7	0	1	170	0	
Twizzlers Black Licorice 4 pieces, 45 g	150	0.5	0	35		18	1	210	0	
Total	515	23.92	7.793	58.66	8.9	26.65	15.83	560	136	208
Total	**1855**	**86.12**	**25.489**	**165.7**	**15**	**54.91**	**101.96**	**2911**	**730**	**1525**