Thursday, August 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Post Honey Bunches of Oats with Cinnamon Bunches	120	1.5	0	25	2	6	2	150	0	60
3/4 cup, 30 g										
1% Fat Milk	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Cream (Half & Half, Fat Free)	27	0.63	0.378	4.05	0	2.25	1.17	65	2	93
3 tbsps										
Total	200	3.36	1.155	35.14	2	14.59	7.56	274	8	452
Lunch										
Trader Joe's Multigrain Crackers	30	1.2	0.1	4.4	0.6	0.4	0.4	40	0	
6 g										
Progresso Rich & Hearty Chicken & Homestyle Noodles	100	2	0.5	14	1	2	7	690	25	310
1 cup, 246 g										
Total	130	3.2	0.6	18.4	1.6	2.4	7.4	730	25	310
Dinner										
Mixed Salad Greens	5	0.07	0.01	0.88	0.6	0.24	0.42	8	0	80
1/2 cup shredded or chopped										
Newman's Own Balsamic Vinaigrette Dressing	90	9	1	3	0	1	0	350	0	
2 tbsp, 30 g										
Fruit Salad	54	0.81	0.614	12.5	1.7	10.23	0.63	5	0	
1/2 cup										
Tomato Sauce with Mushrooms (Canned)	43	0.16	0.021	10.33	1.8	5.73	1.78	554	0	466

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1/2 cup										
Noodles	219	3.3	0.668	40.02	1.9	0.64	7.22	378	46	61
1 cup cooked										
Total	411	13.34	2.313	66.73	6	17.84	10.05	1295	46	607
Snacks/Other										
A&W Diet Root Beer	0	0	0	0	0	0	0	70	0	0
1 bottle, 20 oz										
Breyers No Sugar Added Vanilla Ice Cream	80	4	2.5	13	6	4	2	45	10	
2/3 cup, 74 g										
Total	80	4	2.5	13	6	4	2	115	10	0
Total	**821**	**23.9**	**6.568**	**133.27**	**15.6**	**38.83**	**27.01**	**2414**	**89**	**1369**