Wednesday, April 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mrs. Butterworth's Sugar Free Syrup 1/4 cup, 60 ml	20	0		0	0	0	0	160	0	
Eggo Buttermilk Waffles 2 waffles, 70 g	190	8	2	27	1	2	5	370	20	65
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	239	8.68	2.383	31.05	1	4.25	6.45	600	22	274
Lunch										
Kroger Chicken Salad 1 serving, 100 g	290	23	3.5	12	0	4	9	420	40	
Lean Cuisine Culinary Collection Salisbury Steak with Macaroni & Cheese 1 package, 269 g	270	9	4	25	3	3	22	590	40	740
Total	560	32	7.5	37	3	7	31	1010	80	740
Dinner										
1% Fat Milk 3/4 cup	77	1.78	1.158	9.13	0	9.52	6.17	81	9	274
Cottage Cheese 1 cup, small curd (not packed)	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
Dole Pineapple Chunks in 100% Pineapple Juice 1/2 cup, 122 g	70	0	0	16	1	15	0	0	0	150
Baked Potato (Peel Eaten)	97	1.96	0.377	18.27	1.9	1.01	2.16	209	0	462

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1/2 medium (2-1/4" to 3" dia, raw)										
Total	476	13.89	7.954	49.43	2.9	26.18	36.43	1201	43	1075
Snacks/Other										
Snickers Ice Cream Bar (50g)	180	11	6	18	1	15	3	60	15	
1 bar, 48 g										
Whipped Cream (Pressurized)	8	0.67	0.415	0.37	0	0.24	0.1	4	2	4
1 tbsp										
Dannon Light & Fit Greek - Cherry	80	0	0	9	0	8	12	45	10	160
1 container, 150 g										
Total	268	11.67	6.415	27.37	1	23.24	15.1	109	27	164
Total	**1543**	**66.24**	**24.252**	**144.85**	**7.9**	**60.67**	**88.98**	**2920**	**172**	**2253**