Saturday, July 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ready Pac Fruit Bowl 1 cup	80	0		19	2	16	1	10	0	
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	109	0.68	0.383	23.05	2	18.25	2.45	80	2	209
Lunch										
Sodexo Turkey & Cheese Sandwich 1 sandwich, 173 g	293	15	5	28	2	2	24	1100	50	
Dinner										
Shrimp 6 medium (shelled)	43	0.71	0.134	0.37	0	0	8.28	184	62	53
Meatless Spaghetti with Tomato Sauce 1 cup	293	3.99	0.61	53.62	2.7	11.14	9.87	563	0	498
Total	336	4.7	0.744	53.99	2.7	11.14	18.15	747	62	551
Snacks/Other										
Plum 1 plum (2-1/8" dia)	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
Fat Free Ice Cream 1 cup	189	0	0	41.18	1.4	8.63	6.14	133	0	414
Tortilla Corn Chips 1/2 10 chip serving	73	3.5	0.369	9.8	0.8	0.15	1.17	63	0	32

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	292	3.68	0.38	58.52	3.1	15.33	7.77	196	0	550
Total	**1030**	**24.06**	**6.507**	**163.56**	**9.8**	**46.72**	**52.37**	**2123**	**114**	**1310**