Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Poached Egg 2 large	146	9.9	3.087	0.77	0	0.77	12.53	294	421	133
Bacon 1 thin slice (yield after cooking)	27	2.09	0.687	0.07	0	0	1.85	116	6	28
Toasted Whole Wheat Bread 1 thin slice	51	0.8	0.176	9.24	1	1.08	1.79	104	0	40
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	253	13.47	4.333	14.13	1	4.1	17.62	584	429	410
Lunch										
Stouffer's Signature Classics Chicken A La King 1 package, 326 oz	390	13	4	49		4	17	980	40	
Dinner										
Spaghetti with Red Clam Sauce 1 oz	35	0.9	0.128	5.03	0.4	0.36	1.67	32	2	45
Spaghetti 1 cup cooked	220	1.29	0.245	42.95	2.5	0.78	8.06	325	0	63
Shrimp 10 medium (shelled)	72	1.18	0.223	0.62	0	0	13.8	306	103	88
Total	327	3.37	0.596	48.6	2.9	1.14	23.53	663	105	196
Snacks/Other										

Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Keebler Toasteds Wheat Crackers 5 crackers, 16 g	70	3	0.5	11	1	1	1	150	0	
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Breyers No Sugar Added Salted Caramel Swirl 2/3 cup, 77 g	90	4	2.5	16	2	4	2	85		
Total	359	15.45	4.779	57.08	7.1	20.91	8.3	309	0	526
Total	**1329**	**45.29**	**13.708**	**168.81**	**11**	**30.15**	**66.45**	**2536**	**574**	**1132**