Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sunny Select Quick Oats 2 x 1/2 cup dry, 78 g	280	5	1	52	8	0	10	0	0	0
Lunch										
Bell Plantation PB2 Powdered Peanut Butter 2 x 2 tbsp, 26 g	90	3	0	10	4	2	10	188	0	
Earth's Pride Organics Baby-Cut Carrots 9 pieces, 3 oz	35	0	0	8	2	5	1	65	0	270
Celery 2 stalks medium (7-1/2" - 8" long)	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
Kraft Big Slice Swiss Cheese 1 slice, 23 g	90	7	4.5	0	0	0	6	40	25	
Turkey Breast Meat 5 oz	147	2.35	0.68	5.97	0.7	4.98	24.2	1439	61	428
Whole Wheat Bread 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
Total	**508**	**14.63**	**5.679**	**50.86**	**10.3**	**16.29**	**46.5**	**2072**	**86**	**1012**
Dinner										
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Panera Bread French Baguette 74 g	234	1.3	0	46.8	1.3	0	7.8	572	0	
Pasta with Sausage and Broccoli 1 helping	680	34	14	55	5	2	28	955	90	
Total	**1016**	**46.82**	**21.294**	**101.81**	**6.3**	**2.01**	**35.92**	**1529**	**121**	**3**

Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kirkland Signature Tuna	35	0.5		0	0	0	8	90	12.5	
1/2 x 1 serving, 1 oz										
Coffee-Mate Original Powder Creamer	40	2	2	4	0	0	0	0	0	0
4 x 1 tsp, 8 g										
Chiquita Banana	110	0	0	30	3	19	1	0	0	450
1 banana, 126 g										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Kellogg's Whole Grain Rice Krispies Treat	192	4.8	1.2	36		13.2	2.4	168	0	
48 g										
Total	449	7.53	3.239	89.06	6.3	46.54	11.76	259	12.5	598
Total	**2253**	**73.98**	**31.212**	**293.73**	**30.9**	**64.84**	**104.18**	**3860**	**219.5**	**1613**