Friday, May 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chocolate Chip Cookie (Home Recipe or Purchased)	219	12.75	3.596	26.14	1.2	17.13	2.56	140	14	97
1 extra large										
Pillsbury Sweet Rolls Cinnamon Rolls with Icing	280	10	3	46	2	18	4	680	0	
2 x 1 roll, 88 g										
Total	499	22.75	6.596	72.14	3.2	35.13	6.56	820	14	97
Lunch										
Yellow Cake (with Vanilla Frosting)	477	18.56	3.035	75.26	0.4		4.48	440	70	68
2 pieces (1/8 18 oz cake)										
Dinner										
Italian Sausage	234	18.57	6.484	2.9	0.1	0.58	13	821	39	207
1 link (5" long)										
Beef Meatballs	127	8.29	3.136	4.77	0.3	0.95	7.82	301	47	
1 1/2 large										
Culinary Circle Ziti Marinara	250	8	2.5	35	4	4	10	370	10	
1 cup, 215 g										
Garlic Bread	53	2.04	0.395	7.3	0.4	0.07	1.24	98	0	17
1 small slice (2-1/2" x 2" x 1")										
Olive Garden Italian Salad Dressing	80	8	1.5	2	0	2	0	520	5	
2 tbsp, 30 ml										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Chianti Wine	124	0	0	4.01	0	1.17	0.1	7	0	
1 5 fl oz serving										

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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	879	45.01	14.03	58.3	5.6	10.1	32.71	2132	101	344

Snacks/Other

Total	1855	86.32	23.661	205.7	9.2	45.23	43.75	3392	185	509