# Thursday, February 5, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Domino Sugar Light Brown Sugar<br>3 x 1 tsp, 12 g | 45 | 0 | 0 | 12 | 0 | 12 | 0 | 0 | 0 | |
| Kroger Old Fashioned Oatmeal<br>1/2 cup uncooked, 40 g | 150 | 2.5 | 0 | 27 | 4 | 1 | 6 | 0 | 0 | |
| Total | 195 | 2.5 | 0 | 39 | 4 | 13 | 6 | 0 | 0 | |
| **Lunch** | | | | | | | | | | |
| Cheddar Cheese<br>2 slices (1 oz) | 226 | 18.56 | 11.812 | 0.72 | 0 | 0.29 | 13.94 | 348 | 59 | 55 |
| Mission Yellow Corn Tortillas<br>1 tortilla, 30 g | 100 | 1.5 | 0 | 20 | 3 | 2 | 2 | 10 | 0 | |
| Daisy Sour Cream<br>2 tbsp, 30 g | 60 | 5 | 3.5 | 1 | 0 | 1 | 1 | 15 | 20 | |
| Cheddar Cheese<br>1 3/4 slices (1 oz) | 197 | 16.24 | 10.335 | 0.63 | 0 | 0.25 | 12.2 | 304 | 51 | 48 |
| Tia Rosa Flour Tortillas (Burrito Size)<br>1 tortilla, 71 g | 210 | 6 | 1.5 | 34 | 1 | 0 | 5 | 520 | 0 | 0 |
| Total | 793 | 47.3 | 27.147 | 56.35 | 4 | 3.54 | 34.14 | 1197 | 130 | 103 |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Clif Bar Clif Bar - Crunchy Peanut Butter<br>2 x 1 bar, 136 g | 500 | 12 | 2 | 82 | 8 | 42 | 22 | 480 | 0 | 480 |
| **Total** | **1488** | **61.8** | **29.147** | **177.35** | **16** | **58.54** | **62.14** | **1677** | **130** | **583** |