Thursday, May 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ralphs Carb Master Vanilla Yogurt 1 container	60	1.5	1	4	0	3	8	100	10	140
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Sunsweet Prune Juice 8 fl oz, 240 ml	180	0	0	42	3	25	3	50	0	430
Total	340	3.5	1	66	6	29	14	310	10	740
Lunch										
Apples 1/2 medium (2-3/4" dia) (approx 3 per lb)	36	0.12	0.019	9.53	1.7	7.17	0.18	1	0	74
Morningstar Farms Tomato & Basil Pizza Veggie Burgers 1 burger, 67 g	110	6	1.5	7	3	2	10	280	10	
Total	146	6.12	1.519	16.53	4.7	9.17	10.18	281	10	74
Dinner										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Whole Wheat Bread 1 regular slice	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
Whole Wheat Bread 1 regular slice	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
Italian Salad Dressing 1 tbsp	43	4.17	0.658	1.53	0	1.22	0.06	243	0	7
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480

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Total	318	15.99	7.093	31.69	5.5	5.68	14.28	741	29	620
Snacks/Other										
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Total	**850**	**25.84**	**9.636**	**125.7**	**16.8**	**53.27**	**39.39**	**1334**	**49**	**1604**