Tuesday, March 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Splenda No Calorie Sweetener 1 tsp, 0.5 g	0	0	0	0.5	0	0	0	0	0	
Quaker Old Fashion Oats 1 1/2 x 1/2 cup dry, 60 g	225	4.5	0.75	40.5	6	1.5	7.5	0	0	
Total	225	4.5	0.75	41	6	1.5	7.5	0	0	
Lunch										
Nabisco Premium Original Saltine Crackers 3.6 x 5 crackers	252	5.4	0	43.2	0	0	3.6	540	0	54
Progresso Rich & Hearty Chicken Pot Pie Style Soup 2 x 1 cup, 500 g	280	10	3	38	4	2	14	1540	30	740
Total	532	15.4	3	81.2	4	2	17.6	2080	30	794
Dinner										
Ore-Ida Tater Tots 156 g	290	14.51	2.72	36.28	3.63	1.81	3.63	761.88	0	471.64
Gorton's Crunchy Breaded Fish Fillets 1 1/2 x 2 fillets, 162 g	360	18	0	48	1.5	4.5	15	795	37.5	270
Total	650	32.51	2.72	84.28	5.13	6.31	18.63	1556.88	37.5	741.64
Snacks/Other										
Brach's Black Jelly Beans 14 pieces, 41 g	150	0	0	37	0	29	0	15	0	0
Fisher Pecan Halves 1/4 cup, 28 g	190	20	1.5	4	3	1	3	0	0	

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New York Bakery Texas Toast Really Ranch Croutons 18 g	90	3.86	0	10.28	0	0	2.57	269.96	0	
Ken's Steak House Thousand Island Dressing 42 g	196	18.2	2.8	5.6	0	4.2	0	420	21	
Marketside Classic Iceberg Salad 102 g	18	0	0	3.6	1.2	2.4	1.2	18	0	
Kraft Finely Shredded Mild Cheddar Cheese 1/2 x 1/4 cup, 14 g	55	4.5	3	0.5	0	0	3	90	12.5	
Total	699	46.56	7.3	60.98	4.2	36.6	9.77	812.96	33.5	0
Total	2106	98.97	13.77	267.46	19.33	46.41	53.5	4449.84	101	1535.64