

Friday, December 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Philadelphia Regular Cream Cheese 2 tbsp, 31 g	80	7	4.5	2	0	1	2	125	20	
Einstein Brothers Bagels Onion Bagel 1 bagel, 105 g	270	1	0	59	2	5	9	460	0	
Hormel Original Pepperoni Slices 1 1/4 x 15 slices, 38 g	175	16.25	7.5	0	0	0	6.25	612.5	43.75	
Total	525	24.25	12	61	2	6	17.25	1197.5	63.75	
Dinner										
Harris Teeter 99% Fat Free Ground Turkey 4 oz , 112 g	120	1	0	0	0	0	24	55	70	
Albertsons Reduced Fat Mexican Cheese Blend 1/4 cup, 28 g	80	5	3.5	1	0	0	7	240	15	
Old El Paso Hard Taco Shells Dinner Kit 2 shells, 2 tsp seasoning, 1 tbsp sauce, 42 g	130	5	2	19	2	1	2	530	0	
Fiber One Traditional White Wrap 1 wrap, 43 g	80	3	0	15	7	0	6	260	0	
Red Table Wine 1 1/2 5 fl oz servings	187	0	0	5.76	0	1.37	0.15	9	0	280
The Hyppo banana and grace pop	260	14	2	46	2	38	4	80	0	0

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2 x 1 pop										
Total	857	28	7.5	86.76	11	40.37	43.15	1174	85	280
Snacks/Other										
Publix Elephant Ear	296	10.77	5.38	48.46	0.67	37.02	2.02	43.74	3.36	0
76 g										
Jolly Time America's Best 94% Fat Free Microwave Popcorn	165	3	0	37.5	7.5	0	4.5	315	0	
1 1/2 x 5 cups popped, 51 g										
Total	461	13.77	5.38	85.96	8.17	37.02	6.52	358.74	3.36	0
Total	1843	66.02	24.88	233.72	21.17	83.39	66.92	2730.24	152.11	280