Saturday, July 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (Nonfat) 0.2 cup	17	0.09	0.057	2.38	0	2.49	1.67	25	1	81
America's Choice Natural Walnuts 9 g	72	6	0.6	1.2	0.6	0	1.2	0	0	
Total	**89**	**6.09**	**0.657**	**3.58**	**0.6**	**2.49**	**2.87**	**25**	**1**	**81**
Lunch										
Milk 1/2 cup	61	2.44	1.482	5.75	0	6.3	4.01	50	9	181
Post Honey Bunches of Oats Honey Roasted 86 g	252	3.15	0	52.5	4.2	12.6	4.2	294	0	115.5
Total	**313**	**5.59**	**1.482**	**58.25**	**4.2**	**18.9**	**8.21**	**344**	**9**	**296.5**
Dinner										
Dannon Light & Fit Greek Yogurt - Strawberry 1 container, 150 g	80	0	0	8	0	6	12	55	10	160
Roasted Potato 0.45 small (1-3/4" to 2-1/4" dia, raw)	74	3.47	0.446	9.93	1.2	0.45	1.15	50	0	239
Schwebel's Kaiser Rolls 1 1/4 x 1 roll, 80 g	200	1.88	0	37.5	1.25	2.5	7.5	362.5	0	
Wegmans BBQ Pulled Pork 147 g	294	12.6	5.25	14.7	0	12.6	26.25	966	73.5	
Total	**648**	**17.95**	**5.696**	**70.13**	**2.45**	**21.55**	**46.9**	**1433.5**	**83.5**	**399**
Snacks/Other										
Cheese	88	6.78	4.185	1.19	0	0.89	5.6	241	21	47

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1.05 slices										
Broccoli	77	0.84	0.089	15.11	5.9	3.87	6.42	75	0	719
2 1/2 cups chopped										
Chocolate Coated or Frosted Doughnuts	173	11.28	2.951	17.47	0.7	8.51	1.82	156	22	71
1.3 doughnuts (2" dia)										
Total	338	18.9	7.225	33.77	6.6	13.27	13.84	472	43	837
Total	1388	48.53	15.06	165.73	13.85	56.21	71.82	2274.5	136.5	1613.5