Friday, April 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Crispix Cereal 31 g	88	0	0	20	0.8	3.2	1.6	176	0	32
Quaker Quakes Rice Snacks - Ranch 18 g	78	3	0.3	12.6	0.6	0.6	1.2	240	0	
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Total	356	15	3.8	46.6	6.4	9.8	12.8	586	0	32
Lunch										
Egg, Cheese and Ham on English Muffin 1 sandwich	307	13.38	5.362	25.77	1.3	3.13	20.05	875	214	248
Dinner										
Cherry Turnover or Dumpling 1 turnover	238	11.75	2.344	31.22	1	12.85	2.55	216	0	58
Beef Meatballs 2 medium	113	7.37	2.788	4.24	0.3	0.85	6.95	267	42	
Spaghetti 1.6 cups cooked	352	2.06	0.392	68.72	4	1.25	12.9	520	0	101
Baguette 1 medium slice	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	
Total	878	23.1	5.934	137.4	7.2	15.1	28.03	1393	42	159
Snacks/Other										
Almonds	83	7.29	0.559	2.84	1.7	0.69	3.06	0	0	105

Friday, April 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
12 almonds										
Total	**1624**	**58.77**	**15.655**	**212.61**	**16.6**	**28.72**	**63.94**	**2854**	**256**	**544**