Sunday, April 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
1/2 small (6" to 6-7/8" long)										
Egg Beaters Egg Beaters - Original	66	0	0	2	0	0	12	240	0	186
2 x 3 tbsp, 92 g										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cream (Half & Half)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 containers individual (.5 fl oz)										
Total	174	5.44	3.287	15.47	1.3	6.25	14.45	268	17	657
Lunch										
Progresso Traditional Beef Barley Soup	200	4	1	32	4	6	12	1340	20	0
2 x 1 cup, 484 g										
Nabisco Premium Soup & Oyster Crackers	60	1.5	0	11	0	0	1	170	0	20
22 crackers, 15 g										
Total	260	5.5	1	43	4	6	13	1510	20	20
Dinner										
Dockside Classics Premium Crab Cakes	300	22	4	14	0	2	14	760	50	
2 x 1 cake, 142.36 g										
Mixed Salad Greens	2	0.03	0.005	0.44	0.3	0.12	0.21	4	0	40
1/4 cup shredded or chopped										
Low Calorie Salad Dressing	47	3.19	0.257	4.7	0.2	3.01	0.24	353	1	34
1 serving (32 g)										
Tomatoes	4	0.05	0.01	0.89	0.3	0.6	0.2	1	0	54

Sunday, April 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 small whole (2-2/5" dia)										
Cauliflower	25	0.1	0.032	5.3	2.5	2.4	1.98	30	0	303
1 cup										
Total	378	25.37	4.304	25.33	3.3	8.13	16.63	1148	51	431
Snacks/Other										
Jell-O Instant Sugar Free Lemon Pudding	25	0		6	0	0	0	300	0	
1/4 container, 8 g										
Kraft Cool Whip Lite	20	1	1	3	0	1	0	0	0	
2 tbsp, 9 g										
M&M's Milk Chocolate M&M's	210	9	6	30	1	27	2	25	5	
1/4 cup, 1.5 oz										
Quality Dairy Death By Chocolate Ice Cream	190	10	6	19	1	16	3	100	25	
1/2 cup, 69 g										
Total	445	20	13	58	2	44	5	425	30	
Total	**1257**	**56.31**	**21.591**	**141.8**	**10.6**	**64.38**	**49.08**	**3351**	**118**	**1108**