Friday, September 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Zucchini Summer Squash (without Salt, Drained, Cooked, Boiled)	32	0.1	0.02	7.86	2.8	3.38	1.28	6	0	506
200 g										
Mushrooms (without Salt, Drained, Cooked, Boiled)	28	0.47	0.061	5.29	2.2	2.2	2.17	2	0	356
100 g										
Hard Parmesan Cheese	243	16.01	10.174	2	0	0.5	22.16	993	42	57
62 g										
Vegetable Oil	180	20.4	2.574	0	0	0	0	0	0	
1 1/2 tbsps										
Roasted Salted Peanuts	60	5.25	0.867	1.53	0.9	0.42	2.8	32	0	73
10 g										
Total	543	42.23	13.696	16.68	5.9	6.5	28.41	1033	42	992
Dinner										
Snacks/Other										
Total	**543**	**42.23**	**13.696**	**16.68**	**5.9**	**6.5**	**28.41**	**1033**	**42**	**992**