Thursday, January 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Longo's Authentic Italian Bruschetta	45	3.75		3			0.45			
1 1/2 x 2 tbsp, 45 g										
Rudolph's Bavarian Multigrain Bread	110	2	0.2	19	3	0	4	150	0	25
1 slice, 40 g										
Total	155	5.75	0.2	22	3	0	4.45	150	0	25
Lunch										
Nature Valley Sweet & Salty Granola Bars - Dark Chocolate, Peanut & Almond	160	8	3	22	2	13	3	150	0	
1 bar, 35 g										
Bananas	135	0.5	0.17	34.72	4	18.59	1.66	2	0	544
1 extra large (9" or longer)										
Total	295	8.5	3.17	56.72	6	31.59	4.66	152	0	544
Dinner										
Olive Oil	30	3.38	0.466	0	0	0	0	0	0	0
1/4 tbsp										
Daisy Light Sour Cream	60	3.75	3	3	0	3	3	37.5	15	
1 1/2 x 2 tbsp, 45 g										
Onions	92	0.18	0.057	22.24	3.1	9.42	2.02	7	0	317
2 medium (2-1/2" dia)										
Chemo Perogies - For Garlic Lovers	420	8.75		75.25			10.5			
1 3/4 x 4 perogies, 210 g										
Total	602	16.06	3.523	100.49	3.1	12.42	15.52	44.5	15	317

Snacks/Other

Thursday, January 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Light Cream 5 tbsps	146	14.48	9.015	2.74	0	0.1	2.02	30	50	92
Total	**1198**	**44.79**	**15.908**	**181.95**	**12.1**	**44.11**	**26.65**	**376.5**	**65**	**978**