Tuesday, September 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ocean Spray Craisins Dried Cranberries 1/4 x 1/4 cup, 10 g	32	0	0	8.25	0.75	6.5	0	0	0	0
Sun-Maid Natural California Raisins 3/4 x 1/4 cup, 30 g	98	0	0	23.25	1.5	21.75	0.75	7.5	0	232.5
Quaker 100% Whole Grain Oatmeal 2 x 1/2 cup dry, 80 g	300	6	1	54	8	2	10	0	0	
Total	430	6	1	85.5	10.25	30.25	10.75	7.5	0	232.5
Lunch										
Ground Beef (85% Lean / 15% Fat) 3.9 oz	235	16.38	6.405	0	0	0	20.3	72	74	322
Sonoma Jack Hot Pepper Jack Cheese 1 slice, 28 g	100	8	5	1	0	0	6	180	25	
Lay's Classic Potato Chips (28.3g) 1 package, 28.3 g	160	10	1.5	15	1	1	2	170	0	350
Total	495	34.38	12.905	16	1	1	28.3	422	99	672
Dinner										
McCann's Quick and Easy Steel Cut Irish Oatmeal 2 x 1/4 cup dry, 80 g	300	5	1	54	6	2	8	0	0	
Snacks/Other										
Deli Turkey or Chicken Breast Meat	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171

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2 slices (1 oz)										
White Bread	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
1 slice										
Total	125	1.76	0.451	15.04	0.9	3.07	11.59	746	24	196
Total	1350	47.14	15.356	170.54	18.15	36.32	58.64	1175.5	123	1100.5