Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	276	14.62	4.246	12.88	0	13.23	21.46	324	425	765
Lunch										
Cottage Cheese (Nonfat) 6 2/3 oz	158	0.78	0.509	3.45	0	3.45	32.2	24	13	60
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Total	336	14.29	4.269	4.31	0	4.21	44.68	501	433	193
Dinner										
Best Yet White Enriched Bread 2 x 1 slice	140	1	0	26	0	2	4	300	0	
Trader Joe's BBQ Shredded Chicken 2 x 1/4 cup, 116 g	140	2		14		4	14	620	50	
Total	280	3	0	40	0	6	18	920	50	
Snacks/Other										
Air Popped Popcorn 5 cups	155	1.82	0.255	31.11	5.8	0.35	5.18	3	0	132
Total	**1047**	**33.73**	**8.77**	**88.3**	**5.8**	**23.79**	**89.32**	**1748**	**908**	**1090**