Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lactaid 100% Lactose Free Fat Free Milk 3/4 x 1 cup, 180 ml	68	0	0	9.75	0	9	6	93.75	3.75	
Quaker Oatmeal Squares Crunchy Cereal with Hint of Brown Sugar 1 cup, 56 g	210	2.5	0.5	44	5	9	6	190	0	200
Bananas 1/2 small (6" to 6-7/8" long)	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
morning coffee 2 mugs, 16 oz	41	0.97	0.01	7.49	4.75	1.05	0.82	54	0	268
Blueberries 60 g	34	0.2	0.017	8.69	1.4	5.98	0.44	1	0	46
Total	398	3.84	0.584	81.46	12.45	31.21	13.81	339.75	3.75	695
Lunch										
Starbucks Classic Sausage, Egg and Aged Cheddar Breakfast Sandwich 1 sandwich, 184 g	500	28	9	41	1	3	19	1000	185	
Dinner										
Snacks/Other										
Patriot's Choice Gummy Worms 2 x 3 pieces, 100 g	240	0		60	0	38	4	20	0	
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel 1 bar	160	9	7	18	2	13	2	90	0	

Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Starbucks salted caramel square 1 square, 78 g	380	22	12	45	1	28	3	280	40	
Kind Plus Peanut Butter Dark Chocolate + Protein 1 bar, 40 g	200	13	3.5	17	3	10	7	50	0	170
Starbucks Iced Caffe Americano (Venti) 2 x 1 serving, 48 oz	50	0	0	8	0	0	2	40	0	0
Banana 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	1120	44.33	22.613	171.07	8.6	101.35	19.1	481	40	532
Total	**2018**	**76.17**	**32.197**	**293.53**	**22.05**	**135.56**	**51.91**	**1820.75**	**228.75**	**1227**