Monday, May 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Raspberries 1/4 cup	16	0.2	0.006	3.67	2	1.36	0.37	0	0	46
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
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
morning coffee 2 mugs, 16 oz	41	0.97	0.01	7.49	4.75	1.05	0.82	54	0	268
Total	356	3.79	0.526	70.16	12.65	24.02	13.46	337.75	3.75	542
Lunch										
Franz Thinwiches 1 serving, 43 g	100	1	0	22	7	2	4	220	0	
Sargento Ultra Thin Sharp Cheddar 2/3 x 3 slices, 21 g	87	7.37	4.02	0.67	0	0	5.36	140.7	20.1	
Boar's Head Black Forest Deli Ham 67 g	72	1.2	0	2.4	0	2.4	12	528	36	192
Total	259	9.57	4.02	25.07	7	4.4	21.36	888.7	56.1	192
Dinner										
Chicken Breast 0.4 small (yield after cooking, bone removed)	131	5.19	1.459	0	0	0	19.86	264	56	163

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Mangos 1 cup sliced	107	0.45	0.109	28.05	3	24.42	0.84	3	0	257
Black Beans (Canned) 0.6 cup	131	0.42	0.108	23.85	9.9		8.68	553	0	
Bacon (Cured, Pan-Fried, Cooked) 1.2 slices cooked	51	3.82	1.26	0.14	0	0	3.63	230	11	56
Reser's Baja Cafe Burrito Size Flour Tortillas 2 x 1 tortilla, 114 g	300	7	3	50	2	0	8	620	0	
Total	720	16.88	5.936	102.04	14.9	24.42	41.01	1670	67	476
Snacks/Other										
Patriot's Choice Cherry Sours 13 pieces, 50 g	150	0		37	0	28	0	0	0	
Luigi's Real Italian Ice - Lemon 2 x 1 cup, 12 oz	200	0	0	52	0	40	0	20	0	
Apples 1/2 large (3-1/4" dia) (approx 2 per lb)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
Starbucks Iced Caffe Americano (Venti) 1 serving, 24 oz	25	0	0	4	0	0	1	20	0	0
Swedish Fish Swedish Fish 13 g	64	0		16.34		12.9	0	12.9		
Jolly Rancher Original Flavors Hard Candy 1 1/3 x 3 pieces, 24 g	93	0		22.61	0	14.63	0	13.3	0	
Total	587	0.18	0.03	146.59	2.5	106.54	1.28	67.2	0	113
Total	**1922**	**30.42**	**10.512**	**343.86**	**37.05**	**159.38**	**77.11**	**2963.65**	**126.85**	**1323**