Wednesday, June 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Oats & Chocolate Bar	140	4	2	29	9	10	2	90	0	
1 bar, 40 g										
McDonald's Breakfast Burrito	290	16	6	25	3	2	13	700	170	
1 burrito										
Total	430	20	8	54	12	12	15	790	170	
Lunch										
Detour Simple Chocolate Chip Caramel snack bar	150	3.5	3	18	5	3	15	150	15	70
1 bar										
Hershey's Krackel Miniatures	45	2.5	1.5	6	0.3	5	0.7	15	1	
1 piece, 0.3 g										
3 Musketeers 3 Musketeers Minis	24	0.7	0.49	4.34	0.14	3.78	0.14	11.2	0.7	
6 g										
McAlister's Deli Chicken Tortilla Soup	160	6	3	19	2	2	7	1290	20	
1 cup										
Total	379	12.7	7.99	47.34	7.44	13.78	22.84	1466.2	36.7	70
Dinner										
Tostitos Roasted Garlic and Black Bean Tortilla Chips	140	7	1	18	2	0	2	90	0	0
8 chips, 28 g										
Good Foods Group Cranberry Almond Chicken Salad	140	4	1	12	2	8	14	380	30	
1 package, 113 g										
Total	280	11	2	30	4	8	16	470	30	0

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Snacks/Other										
Red Table Wine 8 fl oz	200	0	0	6.14	0	1.46	0.16	9	0	299
Cello Whisps 15 crisps, 18 g	100	7	4.5	0	0	0	9	300	20	
Nature Made Fish Oil 1200Mg 1/2 x 2 softgels	18	1.5	0.5	0.5	0	0	0.25	0	12.5	
Total	318	8.5	5	6.64	0	1.46	9.41	309	32.5	299
Total	**1407**	**52.2**	**22.99**	**137.98**	**23.44**	**35.24**	**63.25**	**3035.2**	**269.2**	**369**