Friday, November 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Essential Everyday all natural whole strawberries 1 cup, 140 g	50	0	0	12	3	8	0.5	0	0	
Kraft Cool Whip 1 1/2 x 2 tbsp, 13.5 g	38	2.25	2.25	3	0	1.5	0	0	0	
Bob's Red Mill Natural Raw Wheat Germ 2 tbsp, 11 g	60	1.5	0	9	2	2	4	0	0	
Bob's Red Mill Flaxseed Meal 2 x 2 tbsp, 26 g	120	7	0	8	8	0	6	10	0	
Bob's Red Mill Unsweetened Flaked Coconut 1/4 cup, 15 g	100	10	9	4	2	1	1	5	0	
Lucerne Nonfat Greek Yogurt - Plain 6 oz, 170 g	98	0	0	10	0	8	14	98	15	0
Total	466	20.75	11.25	46	15	20.5	25.5	113	15	0
Lunch										
Hillshire Farm Black Forest Ham 2 x 2 slices, 112 g	120	3	1	2	0	2	18	1340	60	
Gulden's Spicy Brown Mustard 3 x 1 tsp, 15 g	15	0		0	0	0	0	150	0	
velveeta cheese slices 2 x 1 slice, 42 g	80	4	2	6	0	4	6	640	20	
Flatout Light Italian Herb Flatbread 1 flatbread, 42 g	90	2.5	0	16	9	0	9	210	0	
Total	305	9.5	3	24	9	6	33	2340	80	

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Dinner										
Sweet and Sour Sauce 6 tbsps	86	0	0.001	20.76	0.1	15.79	0.32	283	0	25
Fried Rice 1 cup	333	12.34	2.251	41.7	1.4	1.5	12.47	822	103	202
Perdue General Tso's Chicken 2 x 3 oz, 168 g	340	12	3	34	2	10	24	1520	50	0
Crab Rangoon 5 crab puffs	330	21.08	8.795	24.04	0.8	0.2	10.75	465	84	
Total	1089	45.42	14.047	120.5	4.3	27.49	47.54	3090	237	227
Snacks/Other										
Total	**1860**	**75.67**	**28.297**	**190.5**	**28.3**	**53.99**	**106.04**	**5543**	**332**	**227**