Monday, August 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Honey Nut Cheerios 1 cup	112	1.2	0.24	24	1.8	10.5	2.7	269	0	92
1% Fat Milk 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Total	319	3.96	1.917	63.13	4.9	37.62	12.21	377	12	880
Lunch										
Trader Joe's Pretzel Slims 23 pretzels, 28 g	110	0	0	23	1	2	3	330	0	
R.W. Knudsen Family 2% Lowfat Cottage Cheese 1/2 cup, 119 g	90	2.5	1.5	6	0	4	11	410	15	0
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Cherry Tomatoes 1 cup	27	0.3	0.069	5.84	1.8	3.92	1.31	7	0	
Newtons 100% Whole Grain Cookies 2 cookies, 31 g	110	2	0	22	3	12	1	125	0	65
Gatorade G2 Perform 02 - Lemon-Lime 1 cup, 8 oz	30	0	0	7	0	7	0	160	0	30
Dannon Light & Fit Yogurt - Peach (Container) 1 container, 150 g	80	0	0	14	0	10	5	75	4	250
Total	493	5.03	1.593	89.32	6.4	48.34	22.24	1109	19	515

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Dinner										
Pepsi Diet Pepsi 8 fl oz, 240 ml	0	0		0	0	0	0	25	0	
Trader Joe's Organic Tortilla Longboard Chips 2 x 10 chips, 56 g	280	14	1	36	4	0	4	160	0	
Trader Joe's Crispy Crunchy Oatmeal Raisin Cookies 12 cookies, 30 g	150	8	4	19	1	9	2	120	0	0
Trader Joe's 99% Fat Free Beef Chili with Beans 2 x 1 cup	480	7	3	66	12	14	36	1760	90	
Total	910	29	8	121	17	23	42	2065	90	0
Snacks/Other										
Frigo Natural String Cheese Part Skim 1 package, 1 oz	80	6	3.5	1	0	0	6	200	15	
Trader Joe's Organic Popcorn with Olive Oil 3 1/2 cups , 28 g	130	6	1	18	3	0	3	170	0	0
Zinfandel Wine 1 5 fl oz serving	131	0		4.2			0.1			
Total	341	12	4.5	23.2	3	0	9.1	370	15	0
Total	**2063**	**49.99**	**16.01**	**296.65**	**31.3**	**108.96**	**85.55**	**3921**	**136**	**1395**