Wednesday, June 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger CARBmaster Vanilla Yogurt (Container)	70	1.5	1	5	0	1	9	120	10	90
1 container, 6 oz										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Equal Equal	8	0	0	2			0			
2 x 1 packet, 2 g										
Kroger 2% Reduced Fat Milk	30	1.25	0.75	3	0	2.75	2	30	5	
1/4 x 8 fl oz, 60 ml										
Total	113	2.84	1.759	10.19	0	3.75	11.57	159	15	313
Lunch										
Olive Garden Italian Salad Dressing	60	6	1.12	1.5	0	1.5	0	390	3.75	
3/4 x 2 tbsp, 22 ml										
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Total	82	6.22	1.151	6.15	1.6	4.16	1.1	420	3.75	240
Dinner										
Chocolate Cream Pie	201	9.72	3.46	26.49	1.1	15.06	3.82	169	39	119
76 g										
Great Value Enriched Hamburger Buns	220	2	0	40	2	4	6	360	0	60
2 x 1 bun, 78 g										
Ruffles Original Potato Chips	160	10	1.5	15	1	1	2	160	0	340
12 chips, 1 oz										

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Hunt's Manwich Heat & Serve Original Sloppy Joe Sauce with Fully Cooked Ground Beef	275	11.79	3.93	23.58	7.86	15.72	19.65	1218.3	19.65	
224 g										
Total	856	33.51	8.89	105.07	11.96	35.78	31.47	1907.3	58.65	519
Snacks/Other										
Watermelon	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
2 cups diced										
Pears	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
1 medium (approx 2-1/2 per lb)										
Total	187	0.66	0.059	48.61	6.3	35.12	2.48	5	0	538
Total	1238	43.23	11.859	170.02	19.86	78.81	46.62	2491.3	77.4	1610