Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 3/4 cup, seedless	83	0.19	0.065	21.72	1.1	18.58	0.86	2	0	229
Lunch										
Arby's Classic Roast Beef 1 serving, 154 g	360	14	5	35	1	6	23	970	60	
Dinner										
Great Value Hot Dog Buns 1/2 x 1 bun, 19.5 g	45	0.75	0	8	0	1	1.5	75	0	15
Sweet Baby Ray's Vidalia Onion BBQ Sauce 2 tbsp, 37 g	70	0	0	16	0	15	0	310	0	
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	0
Corn On The Cob with Butter 1 ear	155	3.43	1.642	31.94			4.47	29	6	359
Total	410	8.18	3.142	55.94	0	16	30.97	454	71	374
Snacks/Other										
Crumb or Quick-Bread Type Coffee Cake 1 piece (1/12 8" square)	137	4.32	1.125	21.94	0.5	12.04	2.54	181	40	37
Fiber One Chewy Bars - Oats & Chocolate 1 bar, 40 g	140	4	2	29	9	10	2	90	0	
Kraft Caramel Chews	64	1.4	0.8	12.4			0.8		0	

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0.4 x 5 pieces										
Total	341	9.72	3.925	63.34	9.5	22.04	5.34	271	40	37
Total	**1194**	**32.09**	**12.132**	**176**	**11.6**	**62.62**	**60.17**	**1697**	**171**	**640**