Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Publix New York Style Potato Salad 288 g	679	53.48	8.23	43.2	4.11	2.06	4.11	863.94	41.14	
Publix Fried Chicken Tenders 1 1/2 x 4 tenders, 345 g	675	25.5		45	3	0	45	1297.5	105	
Total	1354	78.98	8.23	88.2	7.11	2.06	49.11	2161.44	146.14	
Dinner										
Marie Callender's Vermont White Cheddar Mac & Cheese 1/4 x 1 cup, 57 g	88	5	2.75	7.75	0.75	0.5	3.25	182.5	11.25	23.75
Cumberland Gap Ham Steak (3 oz) 3 oz, 84 g	90	2	1	5	0	3	14	780	30	
Total	178	7	3.75	12.75	0.75	3.5	17.25	962.5	41.25	23.75
Snacks/Other										
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Raisin Bran 1 2/3 cups	300	2.6	0.503	71.37	10.8	28.9	8.14	506	0	564
1% Fat Milk 10 fl oz	128	2.96	1.931	15.22	0	15.86	10.28	134	15	458
Dry Roasted Peanuts (Without Salt) 1/2 cup	427	36.25	5.032	15.7	5.8	3.05	17.29	4	0	480
Total	927	42.04	7.505	121.35	19.9	62.15	36.07	645	15	1650

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2459	128.02	19.485	222.3	27.76	67.71	102.43	3768.94	202.39	1673.75