Monday, June 4, 2018

	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 227 g	535	42.15	6.48	34.04	3.24	1.62	3.24	680.82	32.42	
Publix Cuban Sandwich 1 sandwich, 10 oz	600	27	11	53	2	6	37	1810	100	
Total	1135	69.15	17.48	87.04	5.24	7.62	40.24	2490.82	132.42	
Dinner										
Stouffer's Grandma's Chicken & Vegetable Rice Bake 2 x 1 cup, 472 g	660	28	10	68	2	8	34	1480	90	
Snacks/Other										
Del Monte Cherry Mixed Fruit Cup 2 x 1 cup, 226 g	140	0	0	36	0	30	0	20	0	240
Total	**1935**	**97.15**	**27.48**	**191.04**	**7.24**	**45.62**	**74.24**	**3990.82**	**222.42**	**240**