Monday, March 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vermont bread company soft wheat bread 1 slice (40)	110	2	0	21	2	2	3	200	0	
Coffee (Brewed From Grounds) 32 fl oz	9	0.19	0.019	0	0	0	1.14	19	0	464
Raspberries 1/4 cup	16	0.2	0.006	3.67	2	1.36	0.37	0	0	46
Brown Sugar 4 tsps packed	69	0	0	17.91	0	17.7	0	7	0	64
Strawberries 1/4 cup halves	12	0.11	0.006	2.92	0.8	1.77	0.25	0	0	58
Scrambled Egg (Whole, Cooked) 1 large	101	7.45	2.244	1.34	0	1.06	6.76	171	215	84
Sugar 4 tsps	65	0	0	16.8	0	16.78	0	0	0	0
Watermelon 1/4 cup diced	11	0.06	0.006	2.87	0.2	2.36	0.23	0	0	43
Hodgson Mill Oat Bran Hot Cereal 1/4 cup dry, 40 g	120	3	0.5	23	6	0	6	0	0	
Total	**513**	**13.01**	**2.781**	**89.51**	**11**	**43.03**	**17.75**	**397**	**215**	**759**
Lunch										
Udi's Gluten Free Chocolate Chip Cookies 4 x 2 cookies, 184 g	800	36	24	116	4	60	4	440	120	0
Olivia's Organics Spring Mix Salad 2 cups, 85 g	10	0	0	3	2	0	2	60	0	0

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Drew's All Natural Classic Italian Vinaigrette & Quick Marinade 1/2 x 2 tbsp, 15 ml	70	7.5	0.5	0.5	0	0	0	105	0	
Cape Cod Original Potato Chips 1 oz	150	8	0.5	17	1	1	2	110	0	
Holsum Hamburger Buns 1 bun, 43 g	110	1.5	0	21	0	3	3	210	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Strauss Grass Fed Beef 4 oz, 113 g	240	17	7	0	0	0	21	75	75	
Total	1493	79.28	37.906	157.86	7	64.15	38.97	1174	224	27
Dinner										
Broccoli 2 cups chopped	62	0.67	0.071	12.08	4.7	3.09	5.13	60	0	575
Great Value Homestyle Macaroni & Cheese Bake 2 x 1 cup, 430 g	780	40	24	72	2	10	30	1820	170	
Stewed Tomatoes 2 cups	133	0.97	0.133	31.57	5.1	22.49	4.64	1127	0	1056
Total	975	41.64	24.204	115.65	11.8	35.58	39.77	3007	170	1631
Snacks/Other										
Oatmeal Cookie with Chocolate Chips 4 medium (2-1/2" dia)	362	22.77	5.717	38.7	2	23.4	4.03	257	17	138
Total	3343	156.7	70.608	401.72	31.8	166.16	100.52	4835	626	2555