Saturday, March 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Good Karma Flax Milk 1 cup, 240 ml	50	2.5		7	0	7	0	80		
Post Honey Bunches of Oats with Almonds 1 1/2 x 1 cup, 63 g	195	3.75	0	39	3	9	3	202.5	0	105
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	350	6.64	0.132	72.95	6.1	30.43	4.29	283.5	0	527
Lunch										
KFC Mashed Potatoes and Gravy 1 serving	120	4	1	19	1	0	2	530	0	
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	0
Cooked Vegetables 1 1/2 cups	221	5.82	1.1	34.78	11.7	8.35	7.59	680	0	448
Lettuce Salad with Cheese, Tomato and/or Carrots 2 cups	156	11.06	6.944	5.81	1.8	3.25	9.19	237	34	299
Total	637	24.88	10.544	59.59	14.5	11.6	43.78	1487	99	747
Dinner										
KFC KFC Mashed Potatoes and Gravy 1 serving	120	4	1	19	1	0	2	530	0	
Tyson Foods Tyson Foods Boneless Skinless Chicken Breasts	140	4	1.5	0	0	0	25	40	65	0

Saturday, March 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 oz, 112 g										
Cooked Vegetables	221	5.82	1.1	34.78	11.7	8.35	7.59	680	0	448
1 1/2 cups										
Lettuce Salad with Cheese, Tomato and/or Carrots	156	11.06	6.944	5.81	1.8	3.25	9.19	237	34	299
2 cups										
Total	637	24.88	10.544	59.59	14.5	11.6	43.78	1487	99	747

Snacks/Other

Total	1624	56.4	21.22	192.13	35.1	53.63	91.85	3257.5	198	2021