Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Tuscan Garden Real Bacon Bits 5 x 1 tbsp, 35 g	150	10	5	0	0	0	15	950	25	0
Red Onions 0.17 cup sliced	8	0.02	0.005	1.98	0.3	0.84	0.18	1	0	
Southern Grove Raisins 1 box, 28 g	90	0	0	22	2	20	0	5	0	220
Southern Grove Roasted & Salted Sunflower Kernels 1/2 x 1/4 cup, 14 g	90	7	1	2	1.5	0.5	4	105	0	
Fit & Active Light Mayonnaise 5 x 1 tbsp, 70 g	250	25	2.5	5	0	0	0	550	50	
Broccoli Flower Clusters 8 oz	64	0.79	0.122	11.88			6.76	61	0	737
Fit & Active Sharp Cheddar Cheese 1/4 cup, 28 g	90	6	4	1	0	0	7	240	20	
Total	742	48.81	12.627	43.86	3.8	21.34	32.94	1912	95	957
Dinner										
Chipotle Mexican Grill Cilantro-Lime Rice 2 x 1 serving, 8 oz	260	6	1	46	0	0	4	300	0	
Chipotle Mexican Grill Pork Carnitas 1/4 x 1 serving, 1 oz	48	2	0.62	0.25	0	0	6.75	135	17.5	0
Ocean Spray Diet Cranberry Spray Juice	5	0		2	0	2	0	50	0	

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 240 ml										
Carl's Jr. Hand-Breaded Chicken Tenders	448	24.8	4.8	19.2	1.6	0.8	37.6	1544	96	
197 g										
Total	761	32.8	6.42	67.45	1.6	2.8	48.35	2029	113.5	0

Snacks/Other

Total	1503	81.61	19.047	111.31	5.4	24.14	81.29	3941	208.5	957