Monday, August 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	0
Red Lobster Cheddar Bay Biscuit 1 biscuit, 46 g	160	10	3	16	0	0	3	380	0	0
Trader Joe's Chili Mac 1 cup	290	14	4.5	27	4	3	15	440	35	
Total	590	28	9	43	4	3	43	860	100	0
Dinner										
Hillshire Farm Turkey Smoked Sausage 4 x 2 oz, 224 g	360	20	6	12	4	4	36	1840	120	
Snacks/Other										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 cup, seedless	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
Cantaloupe Melons 1 3/4 cups diced	93	0.52	0.139	22.28	2.5	21.46	2.29	44	0	729
Total	203	0.78	0.225	51.24	3.9	46.23	3.44	47	0	1035
Total	**1153**	**48.78**	**15.225**	**106.24**	**11.9**	**53.23**	**82.44**	**2747**	**220**	**1035**