Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Master English Muffin Toasting Bread	70	1	0	14	1	1	3	160	0	0
1 slice, 30 g										
Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar	16	0	0	4.2	0	4.2	0	0	0	0
1, 6 oz										
Jif Extra Crunchy Peanut Butter	95	8	1.5	3.5	1	1.5	3.5	65	0	
1 tbsp, 16 g										
Total	181	9	1.5	21.7	2	6.7	6.5	225	0	0
Lunch										
Lay's Wavy Original Potato Chips	80	5	0.75	7.5	0	0.5	1	70	0	170
1/2 x 11 chips, 14 g										
Quaker Vegetable Beef Barley Soup	170	6	2	14	2	4	12	400	28	132
2 x 1 Cup Prepared										
Total	250	11	2.75	21.5	2	4.5	13	470	28	302
Dinner										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Baked Sweetpotato (Peel Not Eaten)	134	3.86	0.75	23.57	3.7	9.57	2.28	441	0	539
1 medium (2" dia, 5" long, raw)										
Kraft Fat Free Thousand Island Dressing	90	0	0	20	0	10	0	520	0	0
2 x 2 tbsp, 66 g										
Dinner Salad	50	0	0	0	0	0	0	0	0	

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2 cups										
Tap Water	0	0	0	0	0	0	0	9	0	
2 cups										
Coleman Natural Organic All Natural Boneless Skinless Chicken Breasts	120	2	0.5	0	0	0	25	70	75	
4 oz, 112 g										
Total	496	17.38	8.544	43.58	3.7	19.58	27.4	1042	106	542
Snacks/Other										
Total	927	37.38	12.794	86.78	7.7	30.78	46.9	1737	134	844