Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Omelet or Scrambled Egg with Vegetables	106	7.34	2.169	2.38	0.3	1.86	7.22	280	216	117
1 large										
Butterball Thin & Crispy Turkey Bacon	6	0.38	0.12	0	0	0	0.5	45	3.75	
1/4 x 3 slices, 7 g										
Turbinado Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee	3	0.06	0.006	0.12	0	0	0.36	6	0	139
10 fl oz										
Total	180	9.5	3.369	15.14	0.3	13.88	8.52	337	225.75	276
Lunch										
Blue & Roquefort Cheese Salad Dressing	76	7.84	1.485	1.11	0	0.54	0.72	164	3	6
1 tbsp										
Granny Smith Apples	14	0.05	0.007	3.66	0.6	2.75	0.07	0	0	
1/4 small (2-1/2" dia)										
Market Pantry Oven Roasted Chicken Breast	50	0.5	0	3	0	1	10	420	25	0
2 oz, 56 g										
Feta Cheese	75	6.03	4.237	1.16	0	1.16	4.03	316	25	18
1 oz										
Eating Right Spring Mix Salad Greens	10	0	0	2	1	0	1	22.5	0	
1/2 x 4 1/2 cups, 42.5 g										
Total	225	14.42	5.729	10.93	1.6	5.45	15.82	922.5	53	24

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Dinner										
Musselman's Apple Sauce 4 oz cup, 113 g	90	0	0	22	2	18	0	10	0	
Kroger American Cheese Slice 1 slice, 19 g	60	4.5	2.5	1	0	0.1	3	210	15	
Green Giant Sugar Snap Peas 3 oz, 85 g	35	0	0	6	2	3	2	0	0	170
Imperial Dragon Jasmine Rice 2 x 1/4 cup, 90 g	320	0	0	72	0	0	6	20	0	0
Jennie-O All Natural Turkey Burger Lean White Turkey 1/2 x 1 burger, 74.5 g	80	2.5	1	0	0	0	15	170	50	
Total	585	7	3.5	101	4	21.1	26	410	65	170
Snacks/Other										
Polly-O 2% String Cheese 1 stick, 28 g	60	4.5	2.5	0	0	0	7	190	15	
Nature Made Adult Gummies Multi Vitamin 2 gummies	10	0		3		2	0			
Nature Made Calcium Adult Gummies 2 gummies	30	0		7	0	6	0	25	0	
Total	100	4.5	2.5	10	0	8	7	215	15	
Total	**1090**	**35.42**	**15.098**	**137.07**	**5.9**	**48.43**	**57.34**	**1884.5**	**358.75**	**470**