Friday, April 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (1% Lowfat with Added Vitamin A) 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Banana 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Millville Banana Nut Granola 1 1/2 x 1/2 cup	375	13.5	4.5	58.5	4.5	19.5	6	75	0	
Cheerios 2 cups	221	3.54	0.72	44.4	7.1	2.36	7.1	427	0	418
Total	788	19.74	6.878	138.15	14.2	46.9	22.42	610	12	1146
Lunch										
Dinner										
Aldi Naan Bread Tandoori Baked Hand-Stretched Flatbread (Aldi / Specially Selected) 2 x 1/2 Naan, 126 g	380	12	2	58	2	4	10	1000	0	
Bolthouse Farms Chunky Blue Cheese Yogurt Dressing 2 tbsp, 30 g	35	2.5	1	1	0	1	2	135	5	
Chicken Thigh (Skin Not Eaten) 2 1/2 large (yield after cooking, bone and skin removed)	362	18.88	5.258	0	0	0	45.01	718	165	413
Roma Tomatoes 1 medium, 148 g	35	1	0	1	0	1	1	5	0	0
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240

Friday, April 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sharwood's Tikka Masala Sauce	280	18	10	26	2	10	4	760	10	0
2 x 1/2 cup, 250 g										
Total	1114	52.6	18.289	90.65	5.6	18.66	63.11	2648	180	653
Snacks/Other										
Total	1902	72.34	25.167	228.8	19.8	65.56	85.53	3258	192	1799