Tuesday, August 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Caribou Coffee French Toast Muffin 130 g	448	17.38	4.12	67.71	0	45.75	5.49	256.2	18.3	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	450	17.43	4.125	67.8	0	45.75	5.77	261.2	18.3	111
Lunch										
Popsicle Sugar Free Popsicles 2 x 1 popsicle, 102 g	30	0	0	8	0	0	0	0	0	0
Sunkist Diet Orange Soda (Can) 1 can, 12 oz	0	0		0	0	0	0	125	0	
The Snack Factory Pretzel Crisps - Original 26 g	100	0	0	20.95	0.91	1.82	2.73	300.63	0	
Berks Sliced Breakfast Ham 50 g	54	1.79	0.89	0.89	0	0.89	8.93	455.43	22.32	0
Mustard 1 tsp	3	0.16	0.008	0.39	0.2	0.14	0.2	56	0	8
Marketside Italian Bread 29 g	66	0.55	0	12.58	0.55	1.09	2.74	164.1	0	
Total	253	2.5	0.898	42.81	1.66	3.94	14.6	1101.16	22.32	8
Dinner										
Steak 99 g	248	14.69	5.747	0	0	0	27.13	368	80	299
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240

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2 cups										
Great Value Sharp Cheddar Cheese	31	2.57	1.43	0	0	0	2	51.48	7.15	7.15
8 g										
Hidden Valley Bacon Ranch Salad Dressing	25	2.75	0.38	0.5	0	0.25	0.25	60	2.5	
1/4 x 2 tbsp, 8 g										
Planters Dry Roasted Sunflower Kernels	42	3.75	0.38	1.5	0.5	0.25	1.5	45	0	47.5
1/4 x 1/4 cup, 7 g										
Total	368	23.98	7.968	6.65	2.1	3.16	31.98	554.48	89.65	593.65
Snacks/Other										
Werther's Original Hard Candies	60	1	1	13	0	11	0	60	0	
3 pieces, 16 g										
Hershey's Special Dark Chocolate Kisses	42	2.64	1.76	5.5	0.66	4.62	0.44	3.3	1.1	0
7 g										
Girl Scout Cookies Shortbread Cookies	60	2.25	1	9.5	0.5	2	0.5	52.5	0	
1/2 x 4 cookies, 13 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Plums	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
1 fruit (2-1/8" dia)										
Watermelon	85	0.43	0.045	21.4	1.1	17.58	1.73	3	0	318
10 oz										
Utz All Natural Honey BBQ Flavored Crisp Potato Chips (Family Size)	75	4.5	1	7	0.5	0.5	1	90	0	
1/2 x 1 oz, 14 g										
Total	398	11.4	4.838	75.08	5.96	49.08	5	210.8	1.1	659

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Total	1469	55.31	17.829	192.34	9.72	101.93	57.35	2127.64	131.37	1371.65