Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Southwest Specialty Foods Ass-Kickin' Wasabi Horseradish Hotsauce 2 x 1 tsp, 4 g	0	0		0	0	0	0	40	0	
Mrs. Dash Garlic & Herb Seasoning Blend 20 x 1/4 tsp, 14 g	0	0	0	0	0	0	0	0	0	200
Gerry thin sliced chicken breast 13 oz	528	8.8	0	0	0	0	114.4	330	286	
Coffee 24 fl oz	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Total	535	8.94	0.014	0.28	0	0	115.25	384	286	534
Lunch										
Huy Fong Foods Sriracha Hot Chili Sauce 2 x 1 tsp, 10 g	10	0		2	0	2	0	200	0	
Success Boil-in-Bag Whole Grain Brown Rice 3 x 1/2 cup dry (1 cup cooked), 150 g	450	3	0	99	6	0	12	0	0	210
French's Classic Yellow Mustard 5 x 1 tsp, 25 g	0	0	0	0	0	0	0	275	0	
Total	460	3	0	101	6	2	12	475	0	210
Dinner										
Gerry thin sliced chicken breast 2 x 3 oz, 6 oz	240	4	0	0	0	0	52	150	130	
Success Boil-in-Bag Whole Grain Brown Rice	450	3	0	99	6	0	12	0	0	210

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 x 1/2 cup dry (1 cup cooked), 150 g										
Total	690	7	0	99	6	0	64	150	130	210
Snacks/Other										
Rold Gold Classic Style Pretzel Thins	330	3	0	69	3	3	6	1470	0	
3 x 9 pretzels, 84 g										
Kosher Dill Pickles	20	0		4	0	0	0	1040	0	
4 x 1/2 pickle, 112 g										
French's Classic Yellow Mustard	0	0	0	0	0	0	0	330	0	
6 x 1 tsp, 30 g										
chewable vitamin c	5	0		0.4	0	0.4	0	50	0	
1 tablet										
Quaker Old Fashioned Oats	150	3	0.5	27	4	1	5	0	0	143
1/2 cup dry, 40 g										
Total	505	6	0.5	100.4	7	4.4	11	2890	0	143
Total	**2190**	**24.94**	**0.514**	**300.68**	**19**	**6.4**	**202.25**	**3899**	**416**	**1097**