Thursday, July 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Granny Smith Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Almond Breeze Unsweetened Vanilla Milk 1 1/2 x 1 cup, 360 ml	45	3.75	0	1.5	1.5	0	1.5	270	0	255
Organic Chewy Granola Bars - Macaroon Crunch 2 bars, 40 g	200	8	1.5	27	3	8	3	70	0	0
Clif Bar - White Chocolate Macadamia Nut 1 bar, 68 g	260	7	2	41	4	21	9	240	0	180
Total	582	19.07	3.548	88.75	11.8	43.34	14.43	590	0	658
Lunch										
Mini Pretzel Twists 18 pretzels, 30 g	120	1	0	25	1	0	3	320	0	0
Meatballs with Sauce (Mixture) 10 oz	536	34.81	13.146	0.74	0	0.57	51.14	2432	281	607
Total	656	35.81	13.146	25.74	1	0.57	54.14	2752	281	607
Dinner										
Snacks/Other										
Total	1238	54.88	16.694	114.49	12.8	43.91	68.57	3342	281	1265