Friday, March 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Substitute (Liquid) 1/2 cup	105	4.15	0.827	0.8	0	0.8	15.06	222	1	414
Yoplait Greek 100 Yogurt - Raspberry 1 container, 150 g	100	0	0	12	0	8	12	85		
Kellogg's All-Bran Buds 1/2 cup, 45 g	80	1	0	24	13	8	3	200	0	300
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	287	5.2	0.832	36.89	13	16.8	30.34	512	1	825
Lunch										
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Kashi Spicy Black Bean Enchilada 1 serving, 255 g	260	7	1	45	8	3	8	600	0	450
Total	267	7.12	1.019	46.09	8.7	3.13	8.86	624	0	450
Dinner										
Subway Raspberry Cheesecake Cookie 1 cookie, 45 g	200	9	5	29	0	16	2	120	15	
Subway Veggie Flatizza 1 serving, 225 g	410	17	8	44	3	4	21	850	35	
Miller Brewing Company Genuine Draft Light Beer 3 x 1 bottle, 36 oz	192	0	0	7.2	0	0	3	18	0	
Total	802	26	13	80.2	3	20	26	988	50	

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Snacks/Other										
M&M's Peanut M&M's (Package) 42 g	212	11.05	4.25	25.5	1.7	21.25	4.25	21.25	4.25	0
Total	**1568**	**49.37**	**19.101**	**188.68**	**26.4**	**61.18**	**69.45**	**2145.25**	**55.25**	**1275**