Tuesday, February 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Bacon, Egg & Cheese Grilled Breakfast Sandwich 1 sandwich, 187 g	510	25	10	43	2	2	29	1170	235	
Lunch										
John Soules Foods Grilled Chicken Breast Strips 2 x 3 oz, 168 g	180	2	0	4	0	0	36	1100	90	
Schuncks BLT with Cheese Salad w/ Ranch Dressing 2/3 x One Container, 10 oz	315	32.16	18.09	46.9	4.02	34.84	23.45	1112.2	20.1	
Dannon Oikos Triple Zero - Mixed Berry 1 container, 150 g	120	0	0	15	6	7	15	65	5	210
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Total	**687**	**34.39**	**18.129**	**84.96**	**13.32**	**56.18**	**74.81**	**2278.2**	**115.1**	**210**
Dinner										
Freschetta Naturally Rising 4-Meat Pizza 164 g	412	16.26	7.59	47.7	3.25	6.5	19.51	1138.2	32.52	281.84
Snacks/Other										
Grapes 10 seedless	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
Gala Apples 1 medium (2-3/4" dia)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	

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Jif Natural Creamy Peanut Butter 2 x 2 tbsp, 66 g	380	32	6	16	4	6	14	160	0	0
Cuties Clementines 2 clementines, 168 g	80	0.5	0	17	4	13	1	0	0	400
Total	565	32.82	6.066	61.11	11.7	41.08	15.72	162	0	496
Total	2174	108.47	41.785	236.77	30.27	105.76	139.04	4748.4	382.62	987.84