Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	
Canned Chicken (Meat Only) 1/2 can (5 oz) yields	115	5.06	1.406	0.5	0	0	15.81	84	31	96
Total	295	25.06	4.406	0.5	0	0	15.81	264	41	96
Lunch										
Dinner										
Spaghetti with Meat Sauce (Entree) 1 serving	255	2.86	0.99	43.13	5.1	7.36	14.29	473	17	408
Snacks/Other										
Colby Jack Cheese 1 slice (1 oz)	109	8.85	5.569	0.46	0	0.14	6.84	162	26	29
Air Popped Popcorn 1 cup	31	0.36	0.051	6.22	1.2	0.07	1.04	1	0	26
Mission Pork Rinds 1/2 oz, 14 g	80	4.5	1.5	0	0	0	8	370	15	0
Total	220	13.71	7.12	6.68	1.2	0.21	15.88	533	41	55
Total	**770**	**41.63**	**12.516**	**50.31**	**6.3**	**7.57**	**45.98**	**1270**	**99**	**559**