Sunday, July 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hormel Black Label Fully Cooked Bacon 4 slices, 15 g	70	6	2	0.1	0	0	5	290	20	
Dole Fruit and Oatmeal Blueberries and Cream Oatmeal 1 Container, 92 g	180	2	0	37	9	13	4	160	0	210
Total	250	8	2	37.1	9	13	9	450	20	210
Lunch										
Allens Popeye Spinach 2 x 1/2 cup (115)	90	2	0	10	6	0	10	400	0	
ShopRite Split Chicken Breasts with Ribs 1 3/4 x 4 oz (112)	332	21	6.12	0	0	0	36.75	70	140	
Total	422	23	6.12	10	6	0	46.75	470	140	
Dinner										
Birds Eye Creamed Spinach 1 1/2 x 1/2 cup, 186 g	135	6	3.75	13.5	6	4.5	4.5	750	15	
Bertolli Creamy Spinach Rollatini - Rustico Bakes 1/2 x 1 meal (290)	265	12.5	7.5	26	2.5	2.5	12	475	37.5	160
Total	400	18.5	11.25	39.5	8.5	7	16.5	1225	52.5	160
Snacks/Other										
Total	**1072**	**49.5**	**19.37**	**86.6**	**23.5**	**20**	**72.25**	**2145**	**212.5**	**370**