Friday, May 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger 100% Apple Juice 2 1/2 x 8 fl oz, 600 ml	275	0	0	70	0	70	0	87.5	0	650
Oscar Mayer Traditional Bacon 2 1/2 x 2 slices, 35 g	175	15	6.25	0	0	0	10	400	25	
Quaker Instant Grits - Original 1 packet, 28 g	100	0	0	22	1	0	2	310	0	
Bridgford Buttermilk Biscuits 1 biscuit	190	7	3	28	1	4	4	450		
Total	740	22	9.25	120	2	74	16	1247.5	25	650
Lunch										
Nothing Bundt Cakes Lemon Bundtlet 1/4 x 1/2 bundtlet, 21 g	110	13.75	0	53.75	0	0	0	68.5	0	0
Dinner										
Snacks/Other										
Quaker Breakfast Flats - Cranberry Almond 1 package (3 bars), 40 g	180	7	0.5	27	3	12	3	135	0	0
Farley's & Sathers Now and Later Candy 1/4 x 9 pieces, 10 g	35	0.25	0	8.25	0	6.5	0	12.5	0	
Total	215	7.25	0.5	35.25	3	18.5	3	147.5	0	0
Total	**1065**	**43**	**9.75**	**209**	**5**	**92.5**	**19**	**1463.5**	**25**	**650**