Wednesday, February 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Giant Eagle Mexican Shredded Cheese Blend 1/2 x 1/4 cup, 14 g	55	4.5	3	0.5	0	0	3	100	12.5	
Red Potatoes (Flesh and Skin) 1/4 large (3" to 4-1/4" dia)	66	0.13	0.024	14.67	1.6	0.92	1.74	6	0	420
Egg 3/4 medium	49	3.28	1.023	0.25	0	0.25	4.15	46	140	44
Dunkin' Donuts Coffee with Sugar 1/2 x 1 serving, 5 oz	30	0	0	7.5	0	6	0.5	30	0	
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Jennie-O Mild Turkey Breakfast Sausage Lean 1/4 x 2 oz, 14 g	28	1.5	0.38	0	0	0	3.5	142.5	15	
Total	367	14.28	7.494	34.58	1.6	19.75	24.54	479.5	187.5	884
Lunch										
Birds Eye Steamfresh Mixed Vegetables 2/3 cup, 88 g	60	0.5	0	10	2	5	2	20	0	
Pork Chops (Top Loin, Boneless) 12 oz	490	20.04	6.824	0	0	0	72.63	606	194	1545
Total	550	20.54	6.824	10	2	5	74.63	626	194	1545
Dinner										
Perdue Ground Turkey 93/7	240	10.5	1.5	1.5	0	0	36	127.5	90	0

Wednesday, February 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 3 oz, 126 g										
bertolli BRTLI ORGNC OLV/BASL/GRLC SCE	80	3.5	0	10	2	7	2	510	0	
1/2 cup, 125 g										
Barilla PLUS Thin Spaghetti Multigrain	158	1.5	0	28.5	3	1.5	7.5	18.75	0	
3/4 x 2 oz, 42 g										
Total	478	15.5	1.5	40	5	8.5	45.5	656.25	90	0
Snacks/Other										
Claussen Kosher Dill Pickle Wholes	10	0		2	0	0	0	660	0	
2 x 1/3 pickle, 56 g										
Cottage Cheese (Lowfat 1% Milkfat)	163	2.31	1.458	6.15	0	6.15	28	918	9	194
1 cup (not packed)										
Clementines	70	0.22		17.79	2.5	13.59	1.26	1		262
2 fruits										
Orange Juice	84	0.37	0.045	19.34	0.4	15.62	1.3	2	0	372
3/4 cup										
Optimum Nutrition Protein Powder (100% Whey Protein)	240	2	0	6	0	0	48	140	0	260
2 x 1 scoop, 60.8 g										
Total	567	4.9	1.503	51.28	2.9	35.36	78.56	1721	9	1088
Total	**1962**	**55.22**	**17.321**	**135.86**	**11.5**	**68.61**	**223.23**	**3482.75**	**480.5**	**3517**