Wednesday, July 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
naturals soymilk organic original 1/2 x 1 (1 cup)	45	2	0.25	3.5	0.5	3	3.5	75	0	150
Great Value Bran Flakes Cereal 51 g	118	0.66	0	30.13	6.55	6.55	3.93	222.7	0	222.7
Total	163	2.66	0.25	33.63	7.05	9.55	7.43	297.7	0	372.7
Lunch										
Kraft Sandwich Shop Mayo Chipotle 1 tbsp, 15 g	40	4	0.5	2	0	1	0	120	5	0
Mixed Grain Bread (Includes Whole Grain and 7 Grain) 1 slice	65	0.99	0.21	12.06	1.7	2.61	2.6	127	0	53
Dill Cucumber Pickles 2 1/2 slices	3	0.03	0.008	0.72	0.2	0.61	0.11	224	0	20
Sliced Ham (Extra Lean) 2 oz	62	1.62	0.506	1.49	0	0	9.8	627	27	198
Sunkist Navel Orange 1 medium orange, 154 g	80	0	0	19	3	14	1	0	0	250
Total	250	6.64	1.224	35.27	4.9	18.22	13.51	1098	32	521
Dinner										
Subway Avocado 1 scoop, 35 g	60	5	1	3	2	0	1	0	0	
Sour Cream 2 tbsps	62	6.04	3.758	1.23	0	0.05	0.91	15	13	41
On The Border Chile con Queso without Chips (Bowl)	195	15	9.5	6.5	0.5		13	935		

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1/2 x 1 bowl										
On The Border Cafe Style Tortilla Chips	210	10.5	2.25	28.5	3	0	3	120	0	
1 1/2 x 7 chips, 42 g										
On The Border Homemade Flour Tortillas	238	7.26	1.98	37.62	0	0	5.94	594	0	
2/3 x 3 each										
On The Border Grilled Fajita Chicken with Black Beans & Grilled Veggies	376	5.94	1.32	51.48	11.88		35.64	1260.6		
2/3 x 1 serving										
Total	1141	49.74	19.808	128.33	17.38	0.05	59.49	2924.6	13	41

Snacks/Other

Total	1554	59.04	21.282	197.23	29.33	27.82	80.43	4320.3	45	934.7