Tuesday, February 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Food Club Instant Oatmeal - Maple & Brown Sugar	40	0.38	0	8.25	0.75	3.25	1	57.5	0	
1/4 x 1 packet, 11 g										
2% Fat Milk	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
1 cup										
Thin Crust White Pizza	548	19.37	9.866	69.32	2.5	1.42	22.27	1021	43	151
2 pieces, NFS										
Instant Oatmeal	213	2.81	0.504	42.63	4.4	15.4	5.76	285	0	183
1 cup cooked										
Total	923	27.37	13.437	131.62	7.65	32.42	37.08	1463.5	63	700
Lunch										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Wheat Dinner Rolls	76	1.76	0.419	12.88	1.1	0.46	2.41	95	0	32
1 roll (1 oz)										
Beef Empanadas	527	34.49	8.011	40.45	1.8	1.91	13.31	386	117	
2 empanadas										
Total	612	36.38	8.451	55.09	4	2.85	16.56	497	117	192
Dinner										
Snacks/Other										
Snickers Snickers Bar (Fun Size)	80	4	1.5	10.5	0.5	8.5	1.5	42.5	2.5	
1 bar, 15 g										
Dry Roasted Pistachio Nuts (with Salt Added)	161	13.03	1.575	7.59	2.9	2.21	6.05	115	0	295
1 oz (49 kernels)										

Tuesday, February 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	241	17.03	3.075	18.09	3.4	10.71	7.55	157.5	2.5	295
Total	1776	80.78	24.963	204.8	15.05	45.98	61.19	2118	182.5	1187