Tuesday, January 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm 100% Whole Wheat Cinnamon with Raisins Bread	160	2	0	26	4	8	6	210	0	
2 x 1 slice, 56 g										
Jif Creamy Peanut Butter	190	16	2.5	8	2	3	7	135	0	
2 tbsp, 33 g										
Total	350	18	2.5	34	6	11	13	345	0	
Lunch										
Gatorade Thirst Quencher Frost Glacier Freeze Instant Mix	26	0		6.8	0	6.8	0	54	0	15
3 g										
Kroger 100% Whole Wheat Bread	60	0.86	0.22	12.04	1.29	1.72	2.15	154.8	0	0
11 g										
Stouffer's Satisfying Servings Meatloaf	562	28.08	12.48	41.6	4.16	8.32	35.36	1331.2	93.6	
471 g										
Total	648	28.94	12.7	60.44	5.45	16.84	37.51	1540	93.6	15
Dinner										
Weight Watchers Ice Cream Bars - Dark Chocolate Raspberry	60	2.5	1.75	9	1	6.5	1.5	20		57.5
1/2 x 2 bars, 20 g										
Kroger Saltines Unsalted Tops Crackers	144	3.6	1.2	24	2.4	0	2.4	96	0	
34 g										
Private Selection Van Gogh Gouda Cheese Sliced to Serve	220	16	10	0	0	0	14	500	60	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1oz (28g/3 Slices)										
Total	424	22.1	12.95	33	3.4	6.5	17.9	616	60	57.5
Snacks/Other										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Zone Perfect Classic Nutrition Bar - Fudge Graham	210	7	3.5	23	3	15	14	200	5	90
1 bar, 50 g										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Total	357	7.39	3.632	61.37	6.1	40.81	15.33	201	5	520
Total	**1779**	**76.43**	**31.782**	**188.81**	**20.95**	**75.15**	**83.74**	**2702**	**158.6**	**592.5**