Friday, August 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (Nonfat) 1/2 cup	43	0.22	0.143	5.94	0	6.24	4.18	64	2	203
General Mills Chex Honey Nut Cereal 1 cup, 43 g	120	0.5	0	28	1	9	2	220	0	55
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	165	0.77	0.148	34.03	1	15.24	6.46	289	2	369
Lunch										
Lean Cuisine Comfort Steak Portabella 1 package, 212 g	160	3.5	1.5	16	3	3	15	610	25	490
Dinner										
Snacks/Other										
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Wonderful Halos Mandarin Oranges 2 x 1 orange	74	0.4	0	18.6	2.6	14.8	1.2	2	0	
Eating Right Peeled Baby-cut Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	270
Total	155	0.63	0.024	38.08	5.2	29.22	3.13	69	0	440
Total	**480**	**4.9**	**1.672**	**88.11**	**9.2**	**47.46**	**24.59**	**968**	**27**	**1299**