Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi GOLEAN Crisp! Cinnamon Crumble 3/4 cup, 51 g	190	4	0.5	34	9	10	10	130	0	190
Laura Lynn 40 Calorie Wheat Bread 2 slices, 45 g	80	0.5	0	20	6	1	5	160	0	0
Market Pantry Reduced Fat Mild Cheddar Cheese 1 slice, 19 g	60	4	2.5	0	0	0	5	140	10	
Garelick Farms 1% Lowfat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	130	10	0
Eggland's Best EB Egg 1 egg, 50 g	70	4	1	0	0	0	6	65	175	
Market Pantry MARKET PANTRY PRECOOKED BACON 3 slices	80	6		0	0		5	320	15	
Simply Orange Orange Juice (Pulp Free) 1 cup, 8 oz	110	0	0	26	0	22	2	0	0	450
Coffee (Brewed From Grounds) 12 fl oz	4	0.07	0.007	0	0	0	0.43	7	0	174
Total	704	21.07	5.507	93	15	45	41.43	952	210	814
Lunch										
Tyson Foods Grilled & Ready Diced Chicken Breast 3 oz, 84 g	100	2.5	1	1	0	1	19	470	65	
Dole Shredded Carrots 1/2 x 1 cup, 42.5 g	18	0	0	4	1	2	0.5	30	0	

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Fresh Express Baby Spinach 1 package, 142 g	25	0	0	2	1	0	3	65	0	630
Kraft Honey Mustard 2 tbsp, 32 g	90	6	1	8	0	7	0	270	5	
Roma Tomatoes 1 medium, 148 g	35	1	0	2	0	2	1	5	0	0
Campbell's Chunky Sizzlin' Steak with Beans Chili 1 cup, 240 ml	200	3	1	27	7	9	16	870	20	
Total	468	12.5	3	44	9	21	39.5	1710	90	630
Dinner										
Kraft Whole Grain Macaroni & Cheese 1 cup, 70 g	260	3.5	2	49	5	6	8	590	15	
Market Pantry White Sliced Hot Dog Buns (43g) 1 bun, 43 g	130	2.5	0.5	22	1	3	4	210	0	
Johnsonville Smoked Turkey Sausage 1 link, 64 g	110	6	1.5	4	0	2	10	710	45	
Total	500	12	4	75	6	11	22	1510	60	
Snacks/Other										
Sonic Snickers Blast (Mini) 1 serving, 215 g	520	30	19	59	1	53	8	270	65	
Red Delicious Apples 1 small (2-1/2" dia)	56	0.18	0.029	14.64	2.5	11.01	0.27	1	0	
Dannon Light & Fit Greek - Cherry 1 container, 150 g	80	0	0	9	0	8	12	45	10	160
Planters Deluxe Mixed Nuts	170	14	2	7	2	1	5	80	0	200

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21 pieces, 28 g										
Total	826	44.18	21.029	89.64	5.5	73.01	25.27	396	75	360
Total	**2498**	**89.75**	**33.536**	**301.64**	**35.5**	**150.01**	**128.2**	**4568**	**435**	**1804**