Monday, June 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Flatbread Breakfast Sandwich Ham, Egg & Pepper Jack Cheese 1 sandwich, 102 g	200	8	3.5	20	3	3	12	730	100	200
Lunch										
Lean Cuisine Simple Favorites Five Cheese Rigatoni 1 package, 283 g	360	8	4	56	4	7	15	560	15	320
Dinner										
Snacks/Other										
Planters NUT-rition Men's Health Mix (35g) 1 pack, 35 g	210	18	2	7	4	2	8	60	0	270
Pizza Hut The Ultimate Hershey's Chocolate Chip Cookie 1 slice	180	9	4.5	24	2	16	2	110	10	
Pizza Hut Hershey's Chocolate Dunkers 1/2 x 4 pieces, 60 g	190	8	3	27	2	9	5	220	0	
Nestle Nips Sugar Free Hard Caramel Candy 1/2 x 2 pieces, 7 g	30	0.75	0.75	6	6	0	0	5	2.5	
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Land O'Lakes Mini Moos Half & Half Creamers 6 x 1 individual mini cup, 30 g	60	6	3	2.4	0	0	0	30	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	675	41.84	13.259	66.59	14	27	15.57	434	12.5	493
Total	**1235**	**57.84**	**20.759**	**142.59**	**21**	**37**	**42.57**	**1724**	**127.5**	**1013**