Saturday, January 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Minute Maid Light Orange Juice 1 1/4 x 8 fl oz, 300 ml	62	0	0	16.25	0	12.5	0	12.5	0	562.5
Yoplait Greek 100 Yogurt - Strawberry Banana 1 container, 150 g	100	0		12	0	8	12	85	4.5	
Fried Egg without Fat 3 large	219	14.8	4.612	1.15	0	1.15	18.72	669	630	199
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Herbal Tea (Other Than Chamomile, Brewed) 52 oz	15	0	0.029	2.95	0	0	0	15	0	133
Total	486	15.13	4.754	55.42	2.6	34	31.82	782.5	634.5	1256.5
Lunch										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 1/2 cups, seedless	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
Dinner										
Rum 1 fl oz (no ice)	64	0	0	0	0	0	0	0	0	1
Tropicana Light Orange Juice 2 3/4 x 8 fl oz, 660 ml	138	0	0	35.75	0	27.5	2.75	27.5	0	1237.5
Marie Callender's Vermont White Cheddar Mac & Cheese 2 x 1 cup, 454 g	700	40	22	62	6	4	26	1460	90	190

Saturday, January 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Publix Steaminbag Broccoli Florets	50	0	0	10	5	5	2.5	50	0	
2 1/2 x 5 florets, 212.5 g										
Total	952	40	22	107.75	11	36.5	31.25	1537.5	90	1428.5

Snacks/Other

Total	1604	55.51	26.884	206.61	15.8	107.65	64.8	2325	724.5	3143