Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Oatmeal Squares 1 cup, 56 g	210	2.5	0.5	44	5	9	6	190	0	200
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Total	243	2.5	0.5	52.4	5	17.39	6	190	0	200
Lunch										
Soft Taco - Chicken 3 x 1 serving	540	18	7.5	54	3	3	42	1380	90	
Black Beans 1 cup	218	0.7	0.18	39.74	16.6		14.47	922	0	
Total	758	18.7	7.68	93.74	19.6	3	56.47	2302	90	
Dinner										
Brick Oven 5 Italian Cheese Pizza 2 x 1/4 pizza, 288 g	680	30	12	74	6	18	30	1560	50	
Snacks/Other										
Granny Smith Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Fiber One 90 Calorie Brownies - Chocolate Fudge Brownie 3 x 1 brownie, 75 g	270	9	4.5	54	15	24	3	300	0	
Milk (Nonfat) 13 oz	129	0.66	0.431	17.87	0	18.76	12.57	192	7	612
Ocean Spray Craisins Dried Cranberries 1/4 cup, 40 g	130	0	0	33	3	29	0	0	0	0

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Sargento Sharp Cheddar Cheese Stick 1 piece, 21 g	90	7	4	0	0	0	5	140	20	0
Fiber One Chewy Bars - Oats & Chocolate 1 bar, 40 g	140	4	2	29	9	10	2	90	0	
Total	831	20.89	10.97	152.93	30.3	96.1	22.93	723	27	612
Total	**2512**	**72.09**	**31.15**	**373.07**	**60.9**	**134.49**	**115.4**	**4775**	**167**	**812**