Thursday, June 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Watermelon 6 oz	51	0.26	0.027	12.84	0.7	10.55	1.04	2	0	191
Cantaloupe (Muskmelon) 12 oz yields	57	0.32	0.086	13.71	1.5	13.2	1.41	27	0	449
Pork Spareribs 3/4 small cut (yield after cooking, bone removed)	222	16.97	6.229	0	0	0	16.28	143	68	179
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Total	352	17.77	6.373	31.2	3.8	26.41	19.83	202	68	1059
Lunch										
Shadybrook Farms Lean Sweet Italian Turkey Sausage 1 link, 93 g	160	9	2.5	2		1	16	640	55	
NutriSystem Vegetarian Chili 1 container, 201 g	210	1.5	0	31	8	5	19	650	0	0
Total	370	10.5	2.5	33	8	6	35	1290	55	0
Dinner										
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Corn 1 cup	132	1.82	0.28	29.29	4.2	4.96	4.96	23	0	416
Great Value Cod Fillet 4 oz, 112 g	90	0.5	0.5	0	0	0	19	60	45	
Total	256	2.45	0.809	37.13	7.9	6.5	25.96	90	45	646

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**978**	**30.72**	**9.682**	**101.33**	**19.7**	**38.91**	**80.79**	**1582**	**168**	**1705**