Saturday, January 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wendy's Steel-Cut Oatmeal with Summer Berries	140	2		31	3	11	4	190	0	
1 serving										
v8 fusion v8 fusion light banana strawberry juuce	300	0	0	72	0	60	0	360	0	960
6 x 8 oz, 48 oz										
Total	440	2	0	103	3	71	4	550	0	960
Lunch										
RA Sushi Avocado Roll	370	20	3	42	0	0	5	420	0	
1 roll, 7.47 oz										
Dinner										
Southern Tsunami Sushi Bar Spicy Salmon Roll	242	8	1.5	29.5	1	3.5	12.5	139.5	23	0
1/2 x 1 package, 136.5 g										
Snacks/Other										
Bananas	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
1/2 medium (7" to 7-7/8" long)										
Total	**1105**	**30.19**	**4.566**	**187.98**	**5.5**	**81.72**	**22.14**	**1110.5**	**23**	**1171**