Thursday, September 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Eggo Homestyle Waffles (2) 2 waffles, 70 g	190	7	2	27	1	2	4	370	15	60
Aunt Jemima Butter Lite Syrup 2 tbsp, 30 ml	100	0	0	26	1	25	0	210	0	
Total	290	7	2	53	2	27	4	580	15	60
Lunch										
Colonial Giant Enriched Bread 1/2 x 2 slices, 22.5 g	60	0.5	0	12	0.5	1.5	1.5	125	0	
Smucker's Natural Strawberry Fruit Spread 1 tbsp, 19 g	40	0	0	10	0	10	0	0	0	0
Total	100	0.5	0	22	0.5	11.5	1.5	125	0	0
Dinner										
Mrs. Smith's Blackberry Cobbler 1/8 cobbler, 113 g	250	8	3.5	43	1	21	2	210	0	60
Corn Muffins 2 small	403	11.09	1.787	67.19	4.5	9.9	7.79	688	34	91
ShopRite Canned White Beans 1/2 x 1/2 cup	55	0	0	9.5	3	0	4	190	0	
Asparagus 1/2 cup	13	0.08	0.031	2.6	1.4	1.26	1.47	1	0	135
Salmon Cake or Patty 1 cake or patty	264	15.55	3.527	13.93	1	0.97	16.34	671	56	386
Total	985	34.72	8.845	136.22	10.9	33.13	31.6	1760	90	672

Thursday, September 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kellogg's Pop-Tarts - Strawberry 1 pastry, 52 g	210	6	2	37	3	14	2	190	0	
Total	**1585**	**48.22**	**12.845**	**248.22**	**16.4**	**85.63**	**39.1**	**2655**	**105**	**732**