Thursday, September 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Chobani Nonfat Blueberry Greek Yogurt (6 oz)	140	0	0	21	1	17	13	70	5	
1 container, 6 oz										
Smart Ones Classic Favorites Swedish Meatballs	580	14	5	76	10	14	36	1460	60	
2 x 1 package, 516 g										
Cheetos Baked! Cheetos Crunchy Cheese Flavored Snacks (Package)	240	9	1	34	0	0	4	400	0	110
2 x 1 package, 49.6 g										
Simply Nature Twisted Fruit Rope	120	0	0	30	2	24	0	20	0	220
2 x 1 rope										
Total	1205	23	6	164.84	13	55.91	53.1	1956	65	517
Dinner										
White Rice	408	0.89	0.24	88.16	1.3	0.16	8.41	1153	0	111
2 cups cooked										
Baguette	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	
1 medium slice										
Thin Crust Cheese Pizza with Vegetables	1619	64.9	26.957	191.9	13.7	20.06	68.7	4013	91	1596
8 pieces (1/8 12" dia)										
Total	2202	67.71	27.607	313.28	16.9	20.37	82.74	5556	91	1707
Snacks/Other										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	3407	90.71	33.607	478.12	29.9	76.28	135.84	7512	156	2224