Thursday, March 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Skinny Cow Dreamy Clusters - Dark Chocolate 3 x 1 pouch, 84 g	360	18	10.5	60	9	27	3	315	15	
Ocean Spray Craisins Dried Cranberries 3 x 1/4 cup, 120 g	390	0	0	99	9	78	0	0	0	0
Cheetos Baked Cheetos (Package) 3 x 1 package, 4.5 oz	600	24	4.5	90	3	3	9	1050	0	
Smart Ones Classic Favorites Swedish Meatballs 1 package, 258 g	290	7	2.5	38	5	7	18	730	30	
Market Pantry Fat Free Cottage Cheese 1/2 cup, 113 g	70	0	0	6	0	5	12	330	5	160
Total	1710	49	17.5	293	26	120	42	2425	50	160
Dinner										
Kroger Swedish Style Meatballs 4 x 6 meatballs, 340 g	1040	84	36	24	0	4	48	2400	200	
Super Suppers Swedish Meatballs with Noodles 5 x 3 meatballs with 3/4 cup pasta	2300	140	55	165	15	30	95	5350	400	
Total	3340	224	91	189	15	34	143	7750	600	
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	5050	273	108.5	482	41	154	185	10175	650	160