Saturday, May 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-Mate Hazelnut Coffee Creamer 1 tbsp, 15 ml	35	1.5	0	5	0	5	0	5	0	
Lunch										
Snickers Ice Cream Bar (50g) 1 bar, 48 g	180	11	6	18	1	15	3	60	15	
Chicken Pho 1 cup	162	5.62	1.549	12.78	0.8	0.74	14.07	470	48	
Vermicelli from Soybeans 1 cup	176	0.06	0.007	43.85	2.1	10.15	0.06	3	0	
Total	518	16.68	7.556	74.63	3.9	25.89	17.13	533	63	
Dinner										
Red Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Act II 100 Calorie Butter Mini Popcorn Bags 1 bag, 23 g	100	2.5	1	21	4	3	3	310	0	
Total	132	2.9	1.012	28.34	8	5.72	3.74	311	0	93
Snacks/Other										
Pinot Noir Wine 3 fl oz	73	0		2.04			0.06			
Total	**758**	**21.08**	**8.568**	**110.01**	**11.9**	**36.61**	**20.93**	**849**	**63**	**93**