Wednesday, July 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Crunchy Granola Bars - Maple Brown Sugar 2 bars, 42 g	190	7	0.5	29	2	12	4	160	0	
Silk Light Chocolate Soymilk 1 cup, 240 ml	90	1.5	0	15	2	14	3	80	0	300
Fiber One Chewy Bars - Oats & Chocolate 1 bar, 40 g	140	4	2	29	9	10	2	90	0	
Total	420	12.5	2.5	73	13	36	9	330	0	300
Lunch										
Frigo Cheese Heads Light Swirls 1 piece, 24 g	50	2	1.5	1	0	0	7	190	10	
Crunch Pak Organic Sweet Apple Slices 1 bag, 170 g	90	0	0	22	2	16	0	0	0	0
Kraft Singles Fat Free Sharp Cheddar Cheese 1 slice	25	0	0	2	0	1	4	280	5	
Dannon Light & Fit Greek - Strawberry (Dannon) 1 Container (150)	80	0	0	8	0	6	12	55	10	160
Sara Lee 45 Calories & Delightful Wheat Bread 2 slices, 45 g	90	1	0	18	5	2	6	170	0	
Hillshire Farm Lower Sodium Oven Roasted Turkey Breast 2 oz, 56 g	60	0.5	0	3	0	2	11	420	30	
Rold Gold Pretzel Sticks 53 pretzels, 28 g	100	0	0	23	1	1	2	490	0	70

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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	495	3.5	1.5	77	8	28	42	1605	55	230
Dinner										
Boston Market Garlic Dill New Potatoes 1 serving, 4.5 oz	100	2	0.5	20	2	1	2	80	0	
Boston Market Cornbread 1 serving, 1.8 oz	160	3	1.5	30	1	12	2	330	15	
Boston Market Green Beans 1 serving, 3.2 oz	60	3.5	1.5	7	3	1	2	180	0	
Boston Market 1/4 White Rotisserie Chicken 1/4 chicken, 173 g	320	13	4	1	0	1	51	710	165	
Total	640	21.5	7.5	58	6	15	57	1300	180	
Snacks/Other										
Dole Banana Dippers 4 slices, 44 g	100	4.5	3	13	4	7	1	10	0	150
Nature's Bakery Whole Wheat Fig Bar 1 bar, 28 g	110	2.5	0	20	2	10	2	45	0	
Nature's Bakery Whole Wheat Fig Bar 1 bar, 28 g	110	2.5	0	20	2	10	2	45	0	
Subway White Chocolate and Macadamia Nut Cookie 1 cookie	130	5	0	23	2	3	3	130	15	
Total	450	14.5	3	76	10	30	8	230	15	150
Total	**2005**	**52**	**14.5**	**284**	**37**	**109**	**116**	**3465**	**250**	**680**