Wednesday, October 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Fiber Plus Chocolatey Peanut Butter 1 bar	130	5	2.5	24	9	7	3	95	0	
Silk Light Chocolate Soymilk 1 cup, 240 ml	90	1.5	0	15	2	14	3	80	0	300
Total	220	6.5	2.5	39	11	21	6	175	0	300
Lunch										
Premier Nutrition High Protein Shake - Strawberries & Cream 1 shake, 11 oz	160	3	1	4	2	1	30	330	20	400
Cuties Mandarin Orange 1 orange, 84 g	40	0	0	10	2	8	1	2	0	126
Activia Strawberry Yogurt 1 container, 113 g	100	3	1.5	14	0	11	4	45	10	170
Stringsters Low Moisture Part Skim Mozzarella Cheese 1 stick	80	6	3	1	0	0	7	190	15	0
Eggland's Best Hard Cooked Peeled Eggs 1 egg, 44 g	60	4.5	1.5	0	0	0	6	55	185	0
Total	440	16.5	7	29	4	20	48	622	230	696
Dinner										
Boston Market Green Beans (3.2 oz) 1 serving, 3.2 oz	60	3.5	1.5	7	3	1	2	180	0	
Boston Market Meatloaf (Regular) 1 serving, 6.8 oz	510	29	13	26	6	8	36	890	145	

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Boston Market Mashed Potatoes	240	10	5	32	3	2	5			
1 side, 198 g										
Total	810	42.5	19.5	65	12	11	43	1070	145	
Snacks/Other										
Mimis Cafe Fresh Apple Cinnamon Crisp	316	14	6	47	1	39	3	137	17	
1 individual serving, 137 g										
Walkers Shortbread Cookies	170	9	6	21	1	8	2	100	25	0
2 cookies, 33 g										
Total	486	23	12	68	2	47	5	237	42	0
Total	**1956**	**88.5**	**41**	**201**	**29**	**99**	**102**	**2104**	**417**	**996**