Wednesday, May 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Special K Red Berries Cereal	114	0.5	0.2	23	9	7	4	1000	0	
1 porción, 30 g										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cream (Half & Half, Fat Free)	36	0.85	0.509	5.44	0	3.02	1.57	87	3	125
1/4 cup										
milk	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Total	206	2.62	1.49	34.53	9	16.36	10.25	1150	9	540
Lunch										
Tuna Salad Sandwich	287	7.17	1.24	36.38	1.7	6.19	19.01	783	20	228
1 sandwich										
Dinner										
linguini	205	1.64	0.233	38.92			8.04	18	52	127
2 1/2 oz										
Spaghetti Sauce with Vegetables (Homemade-Style)	122	5.43	0.725	18.47	4.5	10.05	3.88	367	0	852
1 cup										
Total	327	7.07	0.958	57.39	4.5	10.05	11.92	385	52	979
Snacks/Other										
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel	160	9	7	18	2	13	2	90	0	
1 bar										
Samuel Adams Light Beer	119	0	0	9.6	0	0	1	9	0	
1 bottle, 12 oz										

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Weight Watchers Snack Size Double Caramel Swirl Ice Cream Cone 1 cone	90	2	1.5	17	2	10	2	45	0	75
Total	369	11	8.5	44.6	4	23	5	144	0	75
Total	1189	27.86	12.188	172.9	19.2	55.6	46.18	2462	81	1822