Tuesday, September 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Krispy Kreme Traditional Donut 1.2 x 1 donut	264	15.6		30			3.6			
Coffee with Cream and Sugar 3 coffee cups (6 fl oz)	149	4.26	3.884	27.43	0	25.52	1.13	33	0	
Total	**413**	**19.86**	**3.884**	**57.43**	**0**	**25.52**	**4.73**	**33**	**0**	
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 213 g	266	7.6	2.85	0	0	0	47.5	76	123.5	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	**371**	**7.99**	**2.982**	**26.95**	**3.1**	**14.43**	**48.79**	**77**	**123.5**	**422**
Dinner										
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Margarine 1 tbsp	75	8.46	1.436	0	0	0	0.09	112	0	4
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Jimmy Dean Turkey Sausage Links 3 links, 67 g	100	7	2	1	0	1	12	430	50	
Mozzarella Cheese (Part Skim Milk) 1 oz	72	4.51	2.867	0.79	0	0.32	6.88	175	18	24

Tuesday, September 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	542	31.79	9.795	30.16	1.9	5.41	37.53	1201	491	435
Snacks/Other										
Kroger Pork Rinds 2 x 1/2 oz, 28 g	160	10	4	0	0	0	18	540	40	
Krispy Kreme Traditional Donut 1 donut	220	13		25			3			
Total	380	23	4	25	0	0	21	540	40	
Total	**1706**	**82.64**	**20.661**	**139.54**	**5**	**45.36**	**112.05**	**1851**	**654.5**	**857**