Sunday, May 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Holifield Farms Pork Sausage 3 x 1 serving, 120 g	450	36	13.5	3	0	0	24	1560	105	
Mission 100% Whole Wheat Flour Tortillas 1 tortilla, 45 g	130	3	1	22	3	2	4	280	0	
Pita Bread 1 small (4" dia)	77	0.34	0.046	15.6	0.6	0.36	2.55	150	0	34
Mixed Vegetables (Frozen) 4 oz	73	0.59	0.111	15.26	4.5		3.78	53	0	240
White Potatoes (Flesh and Skin) 1 medium (2-1/4" to 3-1/4" dia)	149	0.21	0.055	33.46	5.1	2.45	3.58	13	0	867
Total	879	40.14	14.712	89.32	13.2	4.81	37.91	2056	105	1141
Snacks/Other										
Gin 6 fl oz (no ice)	442	0	0	0	0	0	0	2	0	3
Baby Carrots 8 medium	28	0.1	0.018	6.59	1.4	3.81	0.51	62	0	190
Snyder's of Hanover Pretzel Sticks 1/2 x 28 sticks, 15 g	55	0.5	0	11.5	0.5	0.5	1.5	150	0	
Boiled Egg 2 medium	136	9.3	2.864	0.99	0	0.99	11.03	245	371	111
Oil Popped White Popcorn	165	9.27	1.614	18.88	3.3		2.97	292	0	74

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3 cups										
Saltine Crackers	103	2.72	0.397	17.02	0.7	0.09	2.21	257	0	37
8 crackers										
Total	929	21.89	4.893	54.98	5.9	5.39	18.22	1008	371	415
Total	**1808**	**62.03**	**19.605**	**144.3**	**19.1**	**10.2**	**56.13**	**3064**	**476**	**1556**