Saturday, November 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Soft White Roll 2 pan, dinner, or small (2" square, 2" high)	156	2.42	0.612	27.69	1.2	3.5	5.32	268	0	53
Trader Joe's Ruby Red Grapefruit 2 x 1/2 grapefruit, 306 g	80	0		18	4	14	2	0	0	
Jelly (All Flavors) 1 tbsp	51	0	0.001	13.29	0.2	9.73	0.03	6	0	10
Yoplait Light Fat Free Yogurt - Strawberry Banana 0.78 x 1 container	70	0	0	12.48	0	7.8	3.9	62.4	3.9	0
Total	357	2.42	0.613	71.46	5.4	35.03	11.25	336.4	3.9	63
Lunch										
Pear Pie (Individual Size or Tart) 1 tart	330	15.89	3.166	44.87	2.3	18.97	3.21	349	0	85
Dinner										
Ice Cream 1 cup	267	14.26	8.801	32.45	0.9	29.66	4.68	98	53	269
McCain Oven Cooked Fries 60 g	98	3.15	0.28	15.4	1.4	0	1.4	119	0	182
Frankfurter or Hot Dog on Bun 2 frankfurters on bun	500	29.95	11.234	37.81	1.5	4.57	18.12	1435	48	231
Total	865	47.36	20.315	85.66	3.8	34.23	24.2	1652	101	682
Snacks/Other										

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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	1552	65.67	24.094	201.99	11.5	88.23	38.66	2337.4	104.9	830