Tuesday, December 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bloom Blueberry Nonfat Yogurt 0.9 x 1 container	81	0		15.3	0	9.9	5.4	94.5	3.6	243
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
2% Fat Milk 3/4 cup	92	3.61	2.3	8.56	0	9.26	6.04	75	15	274
Food Lion Tasteeos Toasted Oat Cereal 1 cup	100	1.5	0	21	3	1	3	190	0	170
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Total	340	6.25	2.314	69.86	17	20.16	17.29	483.5	18.6	1135
Lunch										
Golden Delicious Apples 1 large (3-1/4" dia)	111	0.36	0.059	29.28	5	22.02	0.55	2	0	
Deli Sliced Ham 1 slice (4-1/4" sq) (0.75 oz)	34	1.76	0.567	0.48	0	0	3.83	268	11	62
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Nature's Own Double Fiber Wheat Bread (28g) 2 x 1 slice, 56 g	100	1	0	22	8	1	6	240	0	
Total	361	12.01	5.043	55.73	13	25.75	15.75	1003	34	62
Dinner										

Tuesday, December 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kroger Self-Rising Crust Four Cheese Pizza 2 1/4 x 1/6 pizza, 299 g	652	18	6.75	94.5	4.5	11.25	29.25	1777.5	33.75	
Snacks/Other										
Great Value Mixed Nuts 1/4 cup, 1 oz	170	15	2	5	3	1	6	110	0	190
Pillsbury Sugar Cookies 2 x 2 cookies, 76 g	240	12	3	30	0	16	2	170	10	
Total	410	27	5	35	3	17	8	280	10	190
Total	**1763**	**63.26**	**19.107**	**255.09**	**37.5**	**74.16**	**70.29**	**3544**	**96.35**	**1387**