Sunday, January 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Pop-Tarts Frosted - Strawberry 1/4 x 2 pastries, 24 g	50	1.25	0.38	9.5	0.25	4.25	0.5	42.5	0	0
Coffee Cake 2 oz	184	5.83	1.519	29.62	0.7	16.25	3.43	245	54	50
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
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	383	7.45	1.952	70.66	4.25	42.64	9.04	364.9	57.9	546
Lunch										
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Sargento Deli Style Sliced Natural Cheddar Cheese 1 slice, 21 g	80	7	4	0	0	0	5	140	20	
Fried Egg 1 large	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
America's Choice Bacon Thick Sliced 1 1/2 x 1 slices, 24 g	135	10.5	3.75	0	0	0	7.5	360	22.5	
Total	327	26.04	9.725	2.4	0	1.28	18.77	719	252.5	68
Dinner										
McCain Oven Cooked Fries	98	3.15	0.28	15.4	1.4	0	1.4	119	0	182

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60 g										
Homemade-Style Spaghetti Sauce with Beef or Meat	281	16.09	4.193	20.94	4.5	11.85	16.28	1218	42	1063
1 cup										
Total	379	19.24	4.473	36.34	5.9	11.85	17.68	1337	42	1245
Snacks/Other										
Coffee Cake	92	2.91	0.759	14.81	0.3	8.13	1.72	122	27	25
1 oz										
Poppycock Original	32	1.6	0.4	4	0.2	2.6	0.4	18	2	
0.2 x 31 pieces										
Total	124	4.51	1.159	18.81	0.5	10.73	2.12	140	29	25
Total	**1213**	**57.24**	**17.309**	**128.21**	**10.65**	**66.5**	**47.61**	**2560.9**	**381.4**	**1884**