Wednesday, September 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Publix Key Lime Pie 1/2 x 1/8 pie, 66 g	65	1.95	0.75	7.85	0	6.35	0.9	36.5	3	
Dannon Light & Fit Greek - Strawberry Banana 1 container, 150 g	80	0	0	8	0	7	12	50	10	160
Premier Nutrition Chocolate Peanut Butter Protein Bar 1 bar, 59 g	290	8	4	25	3	8	30	440	0	240
Total	435	9.95	4.75	40.85	3	21.35	42.9	526.5	13	400
Lunch										
Dannon Oikos Triple Zero - Strawberry 1 container, 150 g	120	0	0	14	6	6	15	65	5	210
Great Value Powdered Mini Donuts 1 1/2 x 4 donuts, 76.5 g	315	15	6.75	45	1.5	22.5	3	330	7.5	112.5
Total	435	15	6.75	59	7.5	28.5	18	395	12.5	322.5
Dinner										
Fruit Salad 1 cup	108	1.63	1.229	25	3.4	20.46	1.27	11	0	
Quaker Quick Grits 1/4 cup dry, 37 g	130	0.5	0	29	2	0	3	0	0	0
Benedict Egg 1 1/2 large	642	50.22	23.787	19.34	1.4	2.19	27.81	1276	611	337
Total	880	52.35	25.016	73.34	6.8	22.65	32.08	1287	611	337
Snacks/Other										

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Vanilla Ice Creams 1/2 cup	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
Planters Deluxe Mixed Nuts 21 pieces, 28 g	170	14	2	7	2	1	5	80	0	200
Total	315	21.92	6.889	23.99	2.5	16.28	7.52	138	32	343
Total	2065	99.22	43.405	197.18	19.8	88.78	100.5	2346.5	668.5	1402.5