Thursday, August 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maruchan Ramen Picante Chicken 2 x 1/2 block, 86 g	380	14	7	52	0	0	10	1480	0	
Maruchan Ramen noodles no flavor packet 1 block	380	14	7	52	2	0	10	220	0	
Toni's Own Lemon Burst Cookies 2 x 1 cookie	168	3	1	32	0	10	3	116	22	
Laughing Cow Light French Onion Cheese Wedges 1 wedge	35	1.5	1	1	0	1	2	180	5	
Laughing Cow Light Queso Fresco & Chipotle Cheese Wedge 1 wedge, 21 g	35	1.5	1	1	0	1	2	200	5	
Steamed Dumpling (Filled with Meat Poultry or Seafood) 2 dumplings	83	1.95	0.548	7.07	0.4	0.42	8.55	322	36	139
Total	1081	35.95	17.548	145.07	2.4	12.42	35.55	2518	68	139
Lunch										
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A and Protein) 1 cup	118	2.88	1.791	13.58	0		9.67	143	10	443
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Gaspar's Turkey Chourico 3 x 2 oz, 168 g	240	12	3	3	0	3	30	1320	105	

Thursday, August 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	393	14.93	4.796	25.07	0	11.39	39.95	1468	115	554
Dinner										
Nature's Promise Thin Sliced Turkey Breast Cutlets 300 g	295	2.68	0	2.68	0	0	67	160.8	107.2	
Snacks/Other										
Keebler Toast & Peanut Butter Sandwich Crackers (39g) 1 package, 39 g	190	9	1.5	23	1	5	4	300	0	
Joseph's Original Hommus 2 tbsp, 28 g	60	4	0	5	1	1	2	85	0	
Nabisco Premium Soup & Oyster Crackers 22 crackers, 15 g	60	1.5	0	11	0	0	1	170	0	20
Cooked Vegetables 1 cup	147	3.88	0.733	23.19	7.8	5.57	5.06	453	0	298
Wellsley Farms organic yellow corn tortilla chips 11 chips, 28 g	130	4.5	0.5	20	2	0	2	50	0	
Total	587	22.88	2.733	82.19	11.8	11.57	14.06	1058	0	318
Total	**2356**	**76.44**	**25.077**	**255.01**	**14.2**	**35.38**	**156.56**	**5204.8**	**290.2**	**1011**