Wednesday, August 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Banquet Brown 'N Serve Original Sausage Links	180	16	5	2	0	1	7	410	30	
3 links, 60 g										
Kraft American Cheese Slice	120	8	5	4	0	2	6	400	30	
2 x 1 slice, 38 g										
Eggo Nutri-Grain Blueberry Waffles	180	5	1.5	31	3	7	4	370	0	105
2 waffles, 70 g										
Egg Beaters All Natural 100% Egg Whites	75	0	0	3	0	0	15	225	0	180
3 x 3 tbsp, 138 g										
Total	555	29	11.5	40	3	10	32	1405	60	285
Lunch										
Great Value Lasagna with Meat Sauce	420	16	8	48	5	13	21	790	50	1270
1 tray, 340 g										
Dinner										
Tortilla Corn Chips	220	10.51	1.106	29.39	2.4	0.45	3.51	189	0	97
1 1/2 10 chip servings										
Rosarita Refried Beans	120	2.5	1	18	6	0	6	540	0	
1/2 cup, 128 g										
Chicken Breast	221	8.75	2.463	0	0	0	33.51	446	94	276
4 oz boneless, cooked										
Kroger Mild Cheddar Cheese Shredded	110	9	5	0.5	0	0	7	180	30	
1 oz, 28 g										
Kroger Queso Fresco	160	12	8	2	0	2	12	420	40	0
2 x 1 oz, 56 g										

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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	831	42.76	17.569	49.89	8.4	2.45	62.02	1775	164	373

Snacks/Other

Total	1806	87.76	37.069	137.89	16.4	25.45	115.02	3970	274	1928