Wednesday, April 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Carl Buddig Premium Deli Black Forest Ham 2 x 6 slices, 100 g	120	5	2	2	0	2	18	840	50	
Kraft American Cheese Slice 2 x 1 slice, 38 g	120	8	5	4	0	2	6	400	30	
Stater Bros. Eggs (Medium) 2 x 1 egg	140	8	3	2			12	110	380	
Sara Lee 45 Calories & Delightful 100% Multi-Grain Bread 2 slices, 45 g	90	1	0	18	5	1	6	170	0	0
Total	470	22	10	26	5	5	42	1520	460	0
Lunch										
Great Value Light Sour Cream 2 tbsp, 30 g	40	2.5	1.5	2	0	2	2	25	10	80
Kraft American Cheese Slice 1 slice, 19 g	60	4	2.5	2	0	1	3	200	15	
Great Value Sharp Cheddar Cheese 1 oz , 28 g	110	9	5	0	0	0	7	180	25	25
Birds Eye Steamfresh Sour Cream & Onion Potatoes 1 cup, 108 g	160	2.5	0.5	32	1	3	4	510	0	
Great Value Steamable Sweet Peas 2/3 cup, 89 g	70	0	0	12	4	4	5	0	0	130
Tyson Foods Chicken Breast Patty 1 patty, 80 g	180	11	2.5	12	1	1	10	390	25	

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Sara Lee 45 Calories & Delightful Wheat Bread 2 slices, 45 g	90	1	0	18	5	2	6	170	0	
Total	710	30	12	78	11	13	37	1475	75	235
Dinner										
Chobani Flip Honey Low-Fat Yogurt with Banana 1 1/4 x 1 container, 188 g	162	3.12	1.25	22.5	0	20	13.75	62.5	12.5	
Daisy Light Sour Cream 2 x 2 tbsp, 60 g	80	5	4	4	0	4	4	50	20	
Queso Fresco 2 oz	82	4.72	2.94	3.07	0	0.19	6.8	75	19	75
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Carl Buddig Chicken Lunch Meat 1/2 x 1 package, 28 g	45	2.5	0.75	1	0	0.5	5	265	15	0
Cooked Spaghetti Squash (Fat Not Added in Cooking) 1 cup of	42	0.4	0.097	9.97	2.2	3.91	1.02	318	0	180
Total	575	22.22	10.861	40.54	2.2	28.6	55.39	1100.5	136.5	459
Snacks/Other										
Total	**1755**	**74.22**	**32.861**	**144.54**	**18.2**	**46.6**	**134.39**	**4095.5**	**671.5**	**694**