Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Lactaid 100% Lactose Free Lowfat Milk	110	2.5	1.5	13	0	12	8	125	15	
1 cup, 240 ml										
Kellogg's Special K Vanilla Almond Cereal	110	1.5	0	25	3	9	2	170	0	75
1 cup, 40 g										
Coffee-Mate Hazelnut Coffee Creamer	18	0.75	0	2.5	0	2.5	0	2.5	0	
1/2 x 1 tbsp, 7.5 ml										
Total	243	4.84	1.509	40.69	3	23.5	10.57	306.5	15	298
Lunch										
Arnold Dutch Country Multi-grain Bread	160	3	0	28	4	4	6	220	0	
2 x 1 slice										
Land O'Lakes Deli American Cheese Slices	80	7	4	1	0	1	4	300	20	
1 slice, 23 g										
Deli Turkey or Chicken Breast Meat	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
2 slices (1 oz)										
Fiber One Protein Bars - Caramel Nut	140	6	3	16	6	7	7	180	0	
1 bar, 33 g										
Total	439	16.94	7.272	47.39	10.3	13.99	26.68	1276	44	171
Dinner										

Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Yellow Sweet Corn (Whole Kernel, Drained Solids, Canned) 1/3 cup	44	0.54	0.083	10.06	1.1	1.89	1.42	116	0	106
Green String Beans 1/3 cup	11	0.04	0.009	2.59	1.2	0.51	0.66	2	0	76
Red Potatoes (Flesh and Skin) 1 medium (2-1/4" to 3-1/4" dia)	153	0.3	0.055	33.87	3.6	2.13	4.03	13	0	969
Kroger Baked Chicken Breast 1 breast, 8 oz	340	14	8	26	1	4	24	1100	90	0
Total	548	14.88	8.147	72.52	6.9	8.53	30.11	1231	90	1151
Snacks/Other										
Weight Watchers Ice Cream Candy Bars 2 x 1 bar, 88 g	300	18	7	32	6	22	6	90	10	170
Total	**1530**	**54.66**	**23.928**	**192.6**	**26.2**	**68.02**	**73.36**	**2903.5**	**159**	**1790**