

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Pumpkin Spice Crunch 3/4 cup, 32 g	120	1.5	1	27	3	9	2	200	0	70
Mariani Sliced Premium Almonds 1/4 x 1/4 cup, 8 g	42	3.75	0.25	1.5	1	0.25	1.5	0	0	55
Silk Light Vanilla Soymilk 1/2 x 1 cup, 120 g	35	0.75	0	3.5	0.5	2.5	3	50	0	150
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Great Value Non-Dairy Coffee Creamer 2 x 1 tsp, 4 g	20	1	0	2	0	0	0	0	0	40
Total	222	7.09	1.259	34.19	4.5	11.75	7.07	259	0	538
Lunch										
Samuel Adams Octoberfest Beer 1 bottle, 12 oz	190	0		18.7	0	0	0	0	0	
Kraft Natural Shredded Mild Cheddar Cheese 2 x 1/4 cup	220	20	12	0	0	0	12	360	60	
Sara Lee Artesano Style Bread 2 x 1 slice, 76 g	200	2	0	40	2	4	6	380	0	7000
Unsalted Butter Stick 1 1/2 tbsps	153	17.28	10.941	0.01	0	0.01	0.18	2	46	5
Total	763	39.28	22.941	58.71	2	4.01	18.18	742	106	7005

Dinner

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Vegetable Soup (Home Recipe) 1 1/4 cups	123	5.56	1.074	15.01	2.6	4.56	5.15	728	0	635
Good Sense Roasted & Salted Pumpkin Seeds 1/4 x 1/4 cup, 8 g	40	3.25	0.62	1	0.25	0.25	2.5	42.5	0	
Apothic Red Wine 2 x 1 cup, 10 oz	244	0		8		2	0	10		
Stonyfield Farm Organic Plain Whole Milk Yogurt 1/4 x 1 cup, 57 g	42	2.25	1.25	3.25	0	3	2.25	31.25	8.75	
Total	449	11.06	2.944	27.26	2.85	9.81	9.9	811.75	8.75	635

Snacks/Other

Total	1434	57.43	27.144	120.16	9.35	25.57	35.15	1812.75	114.75	8178
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