Wednesday, July 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Panera Bread Broccoli Cheddar Soup - You Pick Two	220	14	9	15	5	0	9	930	50	
1 soup, 8 oz										
Panera Bread Classic Cafe Salad (Half)	80	5	1	8	2	6	1	70	0	
1 serving, 5 oz										
Panera Bread French Baguette	180	1	0	36	1	0	6	440	0	
1 serving, 57 g										
Brownie	107	3.9	0.81	17.73	0.6	10.42	1.35	42	10	50
1 oz										
Total	587	23.9	10.81	76.73	8.6	16.42	17.35	1482	60	50
Dinner										
Roundy's Classic Style Pasta Sauce - Alfredo Four Cheese	35	3	1.25	1.5	0	1	0.5	205	10	
1/2 x 1/4 cup, 31 g										
Trader Joe's Organic Tomato Basil Marinara	30	1.5	0	4	1	1.5	0.5	220	0	
1/2 x 1/2 cup, 62.5 g										
Celery	6	0.07	0.018	1.26	0.7	0.78	0.29	34	0	111
1 1/2 oz										
Stop & Shop Baby Carrots	18	0	0	4	1	2.5	0.5	32.5	0	0
1/2 x 3 oz, 42.5 g										
Werther's Original Chewy Caramels Candies	29	1.02	0.51	4.76	0.17	2.55	0.17	16.15	0.85	0
6 g										
Pepperidge Farm Soft Baked Oatmeal Cookies	140	5	2	22	1	11	2	70	5	

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1 cookie										
Lay's Baked! Barbecue Potato Crisps	120	3	0.5	22	2	3	2	210	0	230
14 crisps, 28 g										
roasted vegetable base	121	3.37	0.51	21.74	6.3	13.66	4.84	69	0	885
1 serving										
Total	499	16.96	4.788	81.26	12.17	35.99	10.8	856.65	15.85	1226

Snacks/Other

Total	1086	40.86	15.598	157.99	20.77	52.41	28.15	2338.65	75.85	1276