Thursday, April 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Half & Half 1/2 x 2 tbsp, 15 ml	20	1.5	1	0.5	0	0.5	0.5	15	7.5	22.5
Starbucks Classic Coffee Cake 1 piece, 109 g	440	19	11	63	1	36	6	450	95	
Total	460	20.5	12	63.5	1	36.5	6.5	465	102.5	22.5
Lunch										
Progresso Light Zesty! Santa Fe Style Chicken Soup 2 x 1 cup, 490 g	160	2	0	24	4	2	10	920	20	520
Kroger Butter Croissant 1 croissant, 54 g	200	10	5	25	1	4	4	250	15	
Total	360	12	5	49	5	6	14	1170	35	520
Dinner										
Jiffy Cornbread 1 1/2 x 1/4 cup, 57 g	255	6.75	3	40.5	1.5	10.5	3	510	7.5	
Fit & Active 93% Lean Ground Turkey 3/4 x 4 oz, 85 g	120	6	1.88	0			16.5	63.75	60	
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Southern Home Shredded Mild Cheddar Natural Cheese 0.2 x 1/4 cup	22	1.8	1	0.2	0	0	1.4	36	6	
Red Tomatoes (with Green Chilies, Canned) 0.2 cup	7	0.04	0.005	1.74			0.33	193	0	52
Total	419	14.76	5.903	45.46	2.7	11.27	22.51	817.75	73.5	196

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Snacks/Other										
Nestle Kit Kat (Fun Size) 1/2 x 2 bars, 6 g	30	1.5	1	4	0	3	0.5	5	0	
Quaker Life Cereal - Cinnamon 1 1/2 x 1 cup, 63 g	180	2.25	0	37.5	3	12	4.5	225	0	127.5
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	85
Total	225	5	1	42	3.5	15	5.5	320	0	212.5
Total	**1464**	**52.26**	**23.903**	**199.96**	**12.2**	**68.77**	**48.51**	**2772.75**	**211**	**951**