Tuesday, July 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Roasted Broiled or Baked Chicken Breast (Skin Not Eaten) 1 small (yield after cooking, bone and skin removed)	246	5.31	1.502	0	0	0	46.14	594	126	381
Sugar 2 lump, 2 cubes	39	0	0	10	0	9.99	0	0	0	0
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Whole Milk 1/4 cup	37	1.98	1.138	2.76	0	3.21	1.96	24	6	87
Total	327	7.38	2.649	12.95	0	13.2	48.67	627	132	691
Lunch										
Kellogg's Rice Krispies Treats (37g) 1 bar, 37 g	150	1	1	28	0	13	1	170	0	0
Grilled Cheese Sandwich 1 sandwich	291	15.77	5.978	27.85	1.2	3.98	9.16	764	22	129
Total	441	16.77	6.978	55.85	1.2	16.98	10.16	934	22	129
Dinner										
Peanut Butter 1 1/2 tbsps	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
Whole Wheat Bread 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
Cooked Corn 3 small ears (5-1/2" to 6-1/2" long)	331	9.13	1.602	64.96	7.2	8.17	8.57	678	0	643
Total	607	23.36	4.537	94.16	10.9	13.23	19.34	1064	0	905

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Snacks/Other										
Total	1375	47.51	14.164	162.96	12.1	43.41	78.17	2625	154	1725