Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Oikos Triple Zero - Mixed Berry 1 container, 150 g	120	0	0	15	6	7	15	65	5	210
Jimmy Dean Applewood smoked chicken sausage, egg white and sharp American cheddar cheese 1 sandwich	230	11	4.5	20	2	3	15	610	40	
Total	350	11	4.5	35	8	10	30	675	45	210
Lunch										
Stouffer's Satisfying Servings Meatloaf 1 package, 453 g	540	27	12	40	4	8	34	1280	90	
Dinner										
Snacks/Other										
Total	890	38	16.5	75	12	18	64	1955	135	210