Monday, June 12, 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 Protein Meal Bar - Chocolate Peanut Butter 1 bar, 45 g	180	6	3.5	22	5	13	12	210	0	
Yoplait Greek 100 Yogurt - Blueberry 1 container, 113 g	100	0	0	12	0	7	11	85	5	
Total	280	6	3.5	34	5	20	23	295	5	
Lunch										
Strawberries 6 extra large (1-5/8" dia)	52	0.49	0.024	12.44	3.2	7.55	1.09	2	0	248
Carrots 1.51 carrots (7-1/2")	45	0.26	0.04	10.42	3	4.94	1.01	75	0	348
Del Monte Traditional Spaghetti Sauce 1/2 cup, 125 g	70	1	0	14	3	10	2	590	0	
Kraft Natural Finely Shredded Cheddar Jack with Jalapeno Peppers Shredded Cheese 1/4 cup, 28 g	110	9	5	1	0	0	6	190	25	
Rotini 1/2 cup cooked	110	0.65	0.122	21.47	1.3	0.39	4.04	163	0	
Kirkland Signature Boneless Skinless Chicken Breasts 142 g	140	1.9	0	0	0	0	29.21	355.6	95.25	
Total	527	13.3	5.186	59.33	10.5	22.88	43.35	1375.6	120.25	596
Dinner										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp										
Cooked Green Cabbage	65	4.32	0.771	6.76	2.8	4.36	1.53	428	0	146
1 cup										
Kroger Idaho Russet Potatoes	55	0	0	13	1	0.5	1.5	0	0	310
1/2 x 1 potato, 74 g										
HEB Jalapeno Sausage	240	15	5.25	4.5	1.5	1.5	13.5	520.5	52.5	
1 1/2 x 2 oz, 84 g										
Total	479	32.82	7.885	24.26	5.3	6.36	16.53	948.5	52.5	456
Snacks/Other										
Trader Joe's Cranberry Walnut Bread	160	4	0	27	4	4	5	210	0	
2 oz, 57 g										
Ritz Crackers - Fresh Stack	140	7.88	1.75	17.5	0	1.75	1.75	183.75	0	26.25
1 3/4 x 5 crackers, 28 g										
Total	300	11.88	1.75	44.5	4	5.75	6.75	393.75	0	26.25
Total	**1586**	**64**	**18.321**	**162.09**	**24.8**	**54.99**	**89.63**	**3012.85**	**177.75**	**1078.25**