# Friday, August 8, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Activia Light Fat Free Cherry Yogurt | 80 | 0 | 0 | 8 | 0 | 6 | 12 | 60 | 5 | 200 |
| 1 serving, 150 g | | | | | | | | | | |
| Kellogg's Nutri-Grain Cereal Bar - Blueberry | 180 | 4.5 | 0.75 | 36 | 4.5 | 18 | 3 | 165 | 0 | |
| 1 1/2 x 1 bar, 66 g | | | | | | | | | | |
| Total | 260 | 4.5 | 0.75 | 44 | 4.5 | 24 | 15 | 225 | 5 | 200 |
| **Lunch** | | | | | | | | | | |
| Quaker Oatmeal to Go Bar - Brown Sugar Cinnamon (60g) | 71 | 1.19 | 0.34 | 14.62 | 1.7 | 6.46 | 1.36 | 78.2 | 5.1 | 45.9 |
| 20 g | | | | | | | | | | |
| Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) | 52 | 0.12 | 0.04 | 13.58 | 0.7 | 11.61 | 0.54 | 2 | 0 | 143 |
| 15 seedless | | | | | | | | | | |
| Harris Ranch Boneless Beef Short Ribs | 162 | 7.2 | 3 | 10.2 | 0.6 | 6.6 | 13.2 | 342 | 39 | |
| 84 g | | | | | | | | | | |
| Fresh & Easy Broccoli Cranberry Salad | 161 | 12.73 | 1.68 | 12.06 | 2.01 | 8.71 | 2.01 | 87.1 | 6.7 | |
| 2/3 x 1 cup, 67 g | | | | | | | | | | |
| Total | 446 | 21.24 | 5.06 | 50.46 | 5.01 | 33.38 | 17.11 | 509.3 | 50.8 | 188.9 |
| **Dinner** | | | | | | | | | | |
| Quaker Oatmeal to Go Bar - Brown Sugar Cinnamon (60g) | 71 | 1.19 | 0.34 | 14.62 | 1.7 | 6.46 | 1.36 | 78.2 | 5.1 | 45.9 |
| 20 g | | | | | | | | | | |
| Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) | 48 | 0.11 | 0.038 | 12.67 | 0.6 | 10.84 | 0.5 | 1 | 0 | 134 |

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| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 14 seedless | | | | | | | | | | |
| Harris Ranch Boneless Beef Short Ribs | 108 | 4.8 | 2 | 6.8 | 0.4 | 4.4 | 8.8 | 228 | 26 | |
| 56 g | | | | | | | | | | |
| Blueberries | 83 | 0.48 | 0.041 | 21.01 | 3.5 | 14.44 | 1.07 | 1 | 0 | 112 |
| 1 cup | | | | | | | | | | |
| Total | 310 | 6.58 | 2.419 | 55.1 | 6.2 | 36.14 | 11.73 | 308.2 | 31.1 | 291.9 |
| **Snacks/Other** | | | | | | | | | | |
| Nabisco Wheatsworth Crackers | 16 | 0.7 | 0.2 | 2 | 0.2 | 0.2 | 0.4 | 36 | 0 | |
| 3 g | | | | | | | | | | |
| Nature Valley Crunchy Granola Bars - Oats 'N Honey | 190 | 6 | 0.5 | 29 | 2 | 12 | 4 | 160 | 0 | |
| 2 bars, 42 g | | | | | | | | | | |
| Kroger Blueberry Frosted Shredded Wheat | 190 | 1 | 0 | 45 | 6 | 11 | 5 | 10 | 0 | 180 |
| 1 cup, 55 g | | | | | | | | | | |
| Total | 396 | 7.7 | 0.7 | 76 | 8.2 | 23.2 | 9.4 | 206 | 0 | 180 |
| **Total** | **1412** | **40.02** | **8.929** | **225.56** | **23.91** | **116.72** | **53.24** | **1248.5** | **86.9** | **860.8** |