Friday, August 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Nutri-Grain Cereal Bar - Blueberry 1 1/2 x 1 bar, 66 g	180	4.5	0.75	36	4.5	18	3	165	0	
Lunch										
Tostitos 100% White Corn Restaurant Style Tortilla Chips 7 chips, 1 oz	140	7	1	19	2	0	2	115	0	
Hellmann's Light Mayonnaise 1 tbsp, 15 g	35	3.5	0.5	1	0	0	0	125	5	
Kraft Deli Fresh Colby Jack Natural Cheese Slices with 2% Milk 1 slice, 20 g	60	4.5	2.5	0	0	0	5	170	15	
Oscar Mayer Carving Board Roast Beef 2 oz, 56 g	70	2	1	1	0	0	12	500	30	
Nature's Own 100% Whole Wheat Sandwich Rounds 1 roll, 43 g	100	1	0	20	5	3	5	180	0	
Total	405	18	5	41	7	3	24	1090	50	
Dinner										
Nature Valley Crunchy Granola Bars - Oats 'N Honey 1 bar, 21 g	90	3	0	15	1	6	2	80	0	
Ruffles Barbecue Potato Chips 1 oz, 28 g	150	10	1	16	1	1	2	190	0	
Beef with Barbecue Sauce (Mixture) 4 oz	197	9	3.424	3.3	0.3	1.01	23.97	272	69	393

Friday, August 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Target Hamburger Bun 1 bun, 56 g	160	3	0	27	1	3	5	250	5	
Total	597	25	4.424	61.3	3.3	11.01	32.97	792	74	393
Snacks/Other										
Beef with Barbecue Sauce (Mixture) 3 oz	148	6.75	2.568	2.47	0.3	0.76	17.98	204	52	295
Ruffles Barbecue Potato Chips 1 oz, 28 g	150	10	1	16	1	1	2	190	0	
Otis Spunkmeyer Brownie Rounds 2 x 1 brownie, 2.4 oz	300	14	7	42	2	24	2	160	20	150
Ruffles Cheddar & Sour Cream Potato Chips 11 chips, 28 g	160	10	1.5	15	1	1	2	180	0	330
Total	758	40.75	12.068	75.47	4.3	26.76	23.98	734	72	775
Total	**1940**	**88.25**	**22.242**	**213.77**	**19.1**	**58.77**	**83.95**	**2781**	**196**	**1168**