Saturday, September 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek - Strawberry Banana	80	0	0	8	0	7	12	50	10	160
1 container, 150 g										
Planters Nut-Rition Sustaining Energy Mix Chocolate Nut	250	17	3	19	4	12	10	115	0	250
1 pack										
Total	330	17	3	27	4	19	22	165	10	410
Lunch										
Papa John's Chocolate Pastry Delights	180	11	6	18	1	6	2	140	52	
1 pastry, 45 g										
Dole Mixed Fruit Cup in 100% Fruit Juice	80	0	0	19	1	17	0	5	0	85
1 container, 4 oz										
Birds Eye Mixed Veggies	60	0		12			2			
2/3 cup, 90 g										
Maruchan Ramen Noodle Soup - Chicken Flavor	285	10.5	5.25	39	1.5	1.5	6	1245	0	
1 1/2 x 1/2 block noodles with seasoning, 64.5 g										
Total	605	21.5	11.25	88	3.5	24.5	10	1390	52	85
Dinner										
Famous Amos Chocolate Chip Bite Size Cookies (56g)	280	13	5	38	2	18	3	200	5	0
1 package, 56 g										
Papa John's 14" Original Crust Pizza - Cheese	290	10	4.5	37	2	4	11	720	25	
1 slice, 132 g										
Total	570	23	9.5	75	4	22	14	920	30	0

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Snacks/Other										
Kraft Natural Mozzarella String Cheese	80	6	3.5	0	0	0	7	190	20	
1 stick, 1 oz										
Reese's Reese's Puffs Cereal	123	3	0.5	22	1	10	2	160	0	65
1 cup, 39 g										
Cheetos Crunchy Cheetos	150	10	1.5	13	1	1	2	250	0	
21 pieces, 28 g										
Total	353	19	5.5	35	2	11	11	600	20	65
Total	**1858**	**80.5**	**29.25**	**225**	**13.5**	**76.5**	**57**	**3075**	**112**	**560**