Saturday, July 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lay's Kettle Cooked Sea Salt & Vinegar Extra Crunchy Potato Chips 2 x 18 chips, 2 oz	300	16	2	32	4	2	4	500	0	
Lunch										
Starbucks Turkey & Havarti Deli Sandwich 1 sandwich	460	21	7	31	2	2	29	940	80	
Dinner										
Ocean Spray Craisins Dried Cranberries 1/4 cup, 40 g	130	0	0	33	3	26	0	0	0	0
Kroger Walnut Halves & Pieces 1/4 cup, 30 g	200	20	2	4	2	1	5	0	0	130
Feta Cheese 1 oz	75	6.03	4.237	1.16	0	1.16	4.03	316	25	18
Watermelon 2 cups diced	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
Mango 1 1/2 mangos	202	0.84	0.205	52.78	5.6	45.95	1.58	6	0	484
Atlantic Salmon (Farmed) 2 oz	104	6.15	1.237	0	0		11.28	33	33	205
Total	802	33.48	7.728	113.89	11.8	92.96	23.74	358	58	1177
Snacks/Other										
Oreo Chocolate Sandwich Cookies (Package) 122 g	450	18	5.4	66.6	1.8	37.8	3.6	378	0	162

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2012	88.48	22.128	243.49	19.6	134.76	60.34	2176	138	1339