Saturday, February 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Country Farms 1% Milk 1 cup, 240 ml	110	2.5	1.5	13		13	8	125	15	
Malt-O-Meal Oat Blenders Cereal 2 x 1 cup, 78 g	240	3	0	50	4	12	4	300	0	120
Total	350	5.5	1.5	63	4	25	12	425	15	120
Lunch										
Clif Bar Clif Shot Bloks - Mountain Berry 3 pieces, 30 g	100	0	0	24	0	12	0	70	0	20
Jelly Belly Sports Beans 1 1/2 x 1 package, 42 g	150	0		36	0	28.5	0	120	0	60
Total	250	0	0	60	0	40.5	0	190	0	80
Dinner										
Essential Everyday Classic Fries 10 pieces, 3 oz	110	2	0.5	20	2	0	2	150	0	320
Dirty Rice 1 cup	291	9.68	5.473	38.12	0.6	0.42	11.21	457	107	202
Buca di Beppo Linguini Frutti Di Mare 1/6 large serving	748	44	3	73	2	4	50	1234	340	
Total	1149	55.68	8.973	131.12	4.6	4.42	63.21	1841	447	522
Snacks/Other										
Total	**1749**	**61.18**	**10.473**	**254.12**	**8.6**	**69.92**	**75.21**	**2456**	**462**	**722**