Sunday, July 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
1% Fat Milk 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Malt-O-Meal Chocolate Marshmallow Mateys Chocolatey Corn & Oat Cereal 1 serving, 30 g	120	1.5	0.5	25	1	16	1	135	0	
Total	222	3.87	2.045	37.18	1	28.69	9.22	242	12	366
Lunch										
Dinner										
Chocolate Chip Cookies 4 x 1 Cookie, 4 oz	545	23.6	12.4	77.6	1.2	3.2	6.8	659.6	102.4	84.8
Snacks/Other										
Sunbelt Chocolate Chip Chewy Granola Bar (1.3 oz) 1 bar, 35 g	140	5	3	21	1	9	2	50	0	
French or Vienna Bread (Includes Sourdough) 1 slice, medium (4" x 2-1/2" x 1-3/4")	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	72
Olive Garden Garden-fresh Salad with Dressing 1 serving	140	9	1.5	12	2	3	3	740	5	
Shoppers Value Mixed Fruit 2 x 1/2 cup, 252 g	160	0	0	36	2	30	2	10	0	0
Lasagna with Meat 2 pieces (1/6 8" square, approx 2-1/2" x 4")	672	24.76	12.768	70.86	5.4	11.21	41.04	1487	99	783
Total	1287	40.68	17.678	173.08	12.3	53.36	53.67	2677	104	855

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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	2054	68.15	32.123	287.86	14.5	85.25	69.69	3578.6	218.4	1305.8