Wednesday, June 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mission Tortilla Triangles 10 chips, 28 g	140	7	2	17	1	0	2	150	0	
Yoplait Dora The Explorer Lowfat Strawberry Vanilla & Strawberry Kids Yogurt 1 container, 113 g	100	2	1.5	17	1	13	5	70	10	
Kroger Crunchy Peanut Butter 2 tbsp, 32 g	180	15	2.5	9	2	4	7	150	0	
Great Harvest Bread Co Honey Whole Wheat Bread 1 slice, 50 g	100	0	0	23	3	7	4	350	0	0
Apples 184 g	96	0.31	0.052	25.41	4.4	19.12	0.48	2	0	197
Total	616	24.31	6.052	91.41	11.4	43.12	18.48	722	10	197
Lunch										
Maruchan Ramen Noodle Soup - Chicken Flavor 2 x 1/2 block noodles with seasoning, 86 g	380	14	7	52	2	2	8	1660	0	
Great Harvest Bread Co Honey Whole Wheat Bread 2 x 1 slice, 100 g	200	0	0	46	6	14	8	700	0	0
Western Family Chunk Light Tuna in Water 2 x 2 oz drained, 112 g	100	0		0			24	360	50	
Heinz Mayonnaise Packet 1 packet, 12 g	77	9.43	1.29	0	0	0	0	60	9	
Total	757	23.43	8.29	98	8	16	40	2780	59	0
Dinner										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Spangler Dum Dum Pops 1/2 x 2 pops, 6.5 g	25	0	0	6.5	0	5	0	0	0	0
Starburst Original Fruit Chews 15 g	61	1.14	1.14	12.92	0	8.36	0	0	0	
Tootsie Roll Tootsie Roll (Midgees) 1 3/4 x 5 pieces, 58 g	245	5.25	0.88	49	0	35	1.75	26.25	0	
Twizzlers Pull N Peel Watermelon 2 x 1 piece , 66 g	220	1	0	52	0	28	2	140	0	
Total	**551**	**7.39**	**2.02**	**120.42**	**0**	**76.36**	**3.75**	**166.25**	**0**	**0**

Snacks/Other

Wendy's Spicy Chicken Sandwich 1/2 x 1 serving	245	10.5	2	23	0.5	3	14	530	37.5	235
Country Farms 1% Milk 1 1/2 x 1 cup, 360 ml	165	3.75	2.25	19.5		19.5	12	187.5	22.5	
Western Family Rainbo Mallows 4 x 1 cup, 32 oz	480	0	0	108	0	64	4	460	0	80
Mayonnaise 6 tbsps	344	29.46	4.322	21.08	0	5.64	0.79	627	23	8
McDonald's Sweet 'N Sour Sauce 2 x 1 serving	100	0	0	24	0	20	0	300	0	
Wendy's French Fries (Small) 1 serving	320	15	2.5	43	4	0	5	320	0	630
McDonald's French Fries (Kids) 1 package, 38 g	110	5	1	15	1	0	1	65	0	
McDonald's Chicken McNuggets (10 Pieces)	282	18	3	18	1.2	0	13.2	540	39	

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97 g										
Wendy's Wild Berry Lemonade (Medium)	370	0		96	1	89	1	5	0	
1 serving										
Wendy's Barbecue Nugget Sauce	45	0	0	11	0	9	1	160	0	
1 serving										
Wendy's 4 Piece Chicken Nuggets (Kids' Meal)	180	12	2.5	10	0	0	9	340	30	
1 serving										
Wendy's Crispy Chicken Sandwich	380	20	4	37	2	4	15	720	35	
1 serving										
Wendy's Jr. Cheeseburger	290	13	6	26	2	6	17	830	50	210
1 serving										
Keebler Fudge Stripes Original	210	9	6	28.5	1.5	13.5	1.5	112.5	0	
1 1/2 x 2 cookies, 42 g										
Total	3521	135.71	33.572	480.08	13.2	233.64	94.49	5197	237	1163
Total	5445	190.84	49.934	789.91	32.6	369.12	156.72	8865.25	306	1360