Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Baked or Broiled Salmon	157	6.96	1.207	0.45	0	0.1	22.05	430	57	363
4 oz boneless (yield after cooking)										
World's Finest Chocolate Milk Chocolate with Almonds Bar	230	13	7	25	1	24	3	35	10	
1 bar, 37 g										
Milk (1% Lowfat with Added Vitamin A)	154	3.55	2.317	18.26	0	19.03	12.33	161	18	549
1 1/2 cups										
fruity Dino bites 4240018915	110	0.5	0	24	0	11	1	170	0	20
3/4 cup, 27 g										
Total	651	24.01	10.524	67.71	1	54.13	38.38	796	85	932
Lunch										
Dinner										
Snacks/Other										
Total	651	24.01	10.524	67.71	1	54.13	38.38	796	85	932