Monday, December 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oranges 1 fruit (2-5/8" dia)	62	0.16	0.02	15.39	3.1	12.25	1.23	0	0	237
Great Value Canned Tuna in Water 2 x 1/4 cup, 4 oz	100	2	0	0	0	0	20	360	50	200
Celery 2 stalks medium (7-1/2" - 8" long)	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
Total	173	2.3	0.054	17.77	4.4	13.71	21.78	424	50	645
Lunch										
Del Monte Mandarin Oranges Whole Segments in Light Syrup 2 1/2 x 1/2 cup, 315 g	200	0	0	47.5	2.5	47.5	0	25	0	
Dinner										
Great Value Bananas & Cream Instant Oatmeal 2 x 1 packet, 60 g	260	4	0	52	4	20	6	340	0	140
Jennie-O Pepper Jack Turkey Burger 1 burger, 149 g	260	15	5	1	0	1	29	480	90	
Total	520	19	5	53	4	21	35	820	90	140
Snacks/Other										
Country Farms 1% Milk 1/4 x 1 cup, 60 ml	28	0.62	0.38	3.25		3.25	2	31.25	3.75	
Butter or Sugar Cookie 1 large (3-1/2" - 4" dia) (include Archway brand)	119	5.4	1.693	16.4	0.2	6.67	1.36	104	14	26
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Brown Gravy	62	2.75	1.343	5.6	0.5	0.24	4.37	652	3	
1/2 cup										
Mashed Potato	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
1 cup										
Perdue Boneless Chicken Breast	400	4	0	0	0	0	88	1000	240	
4 x 4 oz, 448 g										
Total	853	20.33	5.106	66.1	7.1	14.6	101.51	2279.25	262.75	802
Total	1746	41.63	10.16	184.37	18	96.81	158.29	3548.25	402.75	1587