Thursday, January 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Fuji Apples 1 1/2 medium (2-3/4" dia) (approx 3 per lb)	107	0.36	0.059	28.58	5	21.52	0.54	2	0	
Swiss Cheese (Low Fat) 2 slices (1 oz)	100	2.86	1.85	1.9	0	0.74	15.9	146	20	62
Progresso Light Chicken Noodle Soup 1 can, 524 g	70	1.5	0.5	10	1	1	5	690	15	270
Roast Beef 2 oz boneless	151	9.82	3.863	0	0	0	14.69	123	43	166
Total	428	14.54	6.272	40.48	6	23.26	36.13	961	78	498
Dinner										
Blackberries 1 1/2 oz yields	17	0.2	0.006	3.89	2.1	1.98	0.56	0	0	66
Progresso Light Chicken Noodle Soup 1 can, 524 g	70	1.5	0.5	10	1	1	5	690	15	270
Swiss Cheese 3 slices (1 oz)	319	23.35	14.934	4.52	0	1.11	22.62	161	77	65
Outback Steakhouse Ribeye (10 oz) 3/4 x 1 steak, 8 oz	408	26.25	11.25	0	0	0	43.5	303.75	95.25	
Total	814	51.3	26.69	18.41	3.1	4.09	71.68	1154.75	187.25	401
Snacks/Other										

Thursday, January 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1242	65.84	32.962	58.89	9.1	27.35	107.81	2115.75	265.25	899