Thursday, December 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey Nut Cheerios 1/4 cup	28	0.3	0.06	6	0.4	2.62	0.68	67	0	23
Premier Nutrition High Protein Shake - Vanilla 1 shake, 11 oz	160	3	1	4	1	1	30	270	25	310
Total	188	3.3	1.06	10	1.4	3.62	30.68	337	25	333
Lunch										
Safeway Select Macaroni & Cheese with Bacon 100 g	153	5.1	2.74	18.82	0.78	1.18	6.27	290.08	15.68	
Cooked Vegetable and Pasta Combinations with Cream or Cheese Sauce (Broccoli, Pasta, Carrots, Corn, Zucchini, Peppers, Cauliflower and Peas) 100 g	107	5.1	1.279	12.9	2.3	3.06	3.53	393	3	179
Total	260	10.2	4.019	31.72	3.08	4.24	9.8	683.08	18.68	179
Dinner										
Ocean Spray Jellied Cranberry Sauce 30 g	47	0	0	12.01	0	10.3	0	4.29	0	
Texas Roadhouse Loaded Sweet Potato 3/4 x 1 potato	232	6	3.75	44.25	3.75	23.25	2.25	111	15	377.25
Turkey Meat 60 g	71	1.72	0.57	0	0	0	13.06	42	39	178
Total	350	7.72	4.32	56.26	3.75	33.55	15.31	157.29	54	555.25

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kirkland Signature Chocolate Brownie Protein Bar	190	7	2.5	23	15	1	21	170	5	
1 bar, 60 g										
Del Monte Tropical Fruit Salad in Light Syrup with Passion Fruit Juice	127	0	0	33.33	1.59	31.74	0	15.87	0	
200 g										
Darigold 2% Milkfat Cottage Cheese	159	4.42	2.66	8.85		7.08	23.01	761.1	26.55	265.5
200 g										
Trader Joe's Peanut Butter Filled Pretzels	70	4	1	7	1	1	2.5	40	0	
1/2 x 10 pieces, 15.5 g										
Kirkland Signature Chocolate Chip Cookie Dough Protein Bar	190	7	2.5	22	15	1	21	190	5	
1 bar, 60 g										
Total	736	22.42	8.66	94.18	32.59	41.82	67.51	1176.97	36.55	265.5
Total	**1534**	**43.64**	**18.059**	**192.16**	**40.82**	**83.23**	**123.3**	**2354.34**	**134.23**	**1332.75**