Monday, July 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 2 small (6" to 6-7/8" long)	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
Plums 2 fruits (2-1/8" dia)	61	0.37	0.022	15.07	1.8	13.09	0.92	0	0	207
Total	241	1.04	0.248	61.21	7.1	37.79	3.12	2	0	930
Lunch										
Lay's Baked! Original Potato Crisps (Package) 1 package , 24.8 g	130	2	0	26	2	2	2	150	0	300
Baby Spinach 8 baby leaves	1	0.02	0.003	0.17	0.1	0.02	0.14	4	0	
Denny's Sliced Tomatoes (3 Slices) 2 x 1 serving, 4 oz	20	0	0	4	2	4	2	6	0	
Subway Light Mayonnaise 2 x 1 tbsp, 30 g	100	10	2	2	0	0	0	200	10	0
Subway 6" Spicy Italian 1 sandwich, 227 g	480	24	9	46	5	8	20	1490	50	0
Subway Processed American Cheese 2 triangles, 11 g	40	3.5	2	1	0	0	2	200	10	
Total	771	39.52	13.003	79.17	9.1	14.02	26.14	2050	70	300
Dinner										
Sunny Select Corn on The Cob 1 ear, 85 g	90	1	0	19	1	5	3	0	0	0
Milk (Fat Free or Skim, Calcium Fortified)	259	1.33	0.867	35.94	0	35.94	25.19	385	15	1230

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3 cups										
Cosi Smore's (Small)	751	21		133	3		10	570	9	
1 serving, 7 oz										
Sodexo Home Fried Potatoes	188	8.75	4.38	27.5	2.5	0	2.5	225	0	
1 1/4 x 4 oz, 141 g										
Lone Star Steakhouse Sirloin	386	28		0	0	0	32	90	114	
6 oz, 170 g										
Total	1674	60.08	5.247	215.44	6.5	40.94	72.69	1270	138	1230

Snacks/Other

Total	2686	100.64	18.498	355.82	22.7	92.75	101.95	3322	208	2460