Wednesday, July 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wheat Bran Muffins (Dry Mix) 1 oz	112	3.4	0.833	20.7			2.01	198	0	57
Granola 1/4 cup	113	3.06	0.893	20.09	1.9	7.16	2.56	51	0	102
Strawberries 1/4 cup halves	12	0.11	0.006	2.92	0.8	1.77	0.25	0	0	58
Dannon Greek Yogurt - Vanilla (Container) 250 g	200	0	0	31.67	0	30.01	20	75.02	8.34	225.04
Total	437	6.57	1.732	75.38	2.7	38.94	24.82	324.02	8.34	442.04
Lunch										
Sweet Cherries 1 1/4 cups, with pits, yields	92	0.29	0.056	23.41	3.1	18.75	1.55	0	0	325
Dinner										
Snacks/Other										
Total	529	6.86	1.788	98.79	5.8	57.69	26.37	324.02	8.34	767.04