Friday, June 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Land O'Lakes Salted Butter 1 tbsp, 14 g	100	11	7	0	0	0	0	90	30	
Oat Bran Bagel 1 regular	268	1.26	0.201	55.96	3.8	1.71	11.24	532	0	121
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Market Pantry Half & Half 1 1/2 x 2 tbsp, 45 ml	60	4.5	3	1.5	0	1.5	1.5	45	22.5	
Total	435	16.9	10.215	57.46	3.8	3.21	13.59	681	52.5	469
Lunch										
Lean Cuisine Sweet & Spicy Korean-Style Beef 1 package, 248 g	320	7	2	50	3	15	15	650	35	330
Dinner										
Cooked Broccoli 1/2 cup, flowerets	28	1.37	0.258	3.56	1.6	0.68	1.17	147	0	144
Fazoli's Cheese Pizza Slice 1 1/2 x 1 slice	435	16.5	6	46.5	3	3	19.5	1050	37.5	
Ore-Ida Extra Crispy Easy Fries 1 1/2 x 1 box, 4.5 oz	390	15	2.25	58.5	4.5	1.5	6	630	0	825
Total	853	32.87	8.508	108.56	9.1	5.18	26.67	1827	37.5	969
Snacks/Other										
Nature Valley Sweet & Salty Granola Bars - Roasted Mixed Nut	160	8	2.5	22	1	13	3	150	0	0

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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 bar										
Total	1768	64.77	23.223	238.02	16.9	36.39	58.26	3308	125	1768