Saturday, January 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pears 1/2 large (approx 2 per lb)	61	0.13	0.006	16.16	3.2	10.24	0.4	1	0	124
Apples 1/2 large (3-1/4" dia) (approx 2 per lb)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
Grapes 1 1/2 cups, seedless	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
Bananas 1/2 small (6" to 6-7/8" long)	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Trader Joe's Apples & Cinnamon Instant Oatmeal 1 pouch, 35 g	130	1.5		27	3	12	3	170	0	
Horizon Organic Vanilla Organic Lowfat Milk 1/2 x 1 container, 118 ml	75	1.25	0.75	11	0	11	4	57.5	5	
Total	543	3.82	0.994	124.19	12.2	87.58	11.23	256.5	5	1375
Lunch										
Vitalicious VitaPizza Meatless Pepperoni Supreme 1 pizza, 151 g	220	5	3	38	14	3	14	370	10	
Laughing Cow Light Creamy Swiss Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	180	5	
Raw Vegetable 4 cups	96	0.91	0.206	21.84	6.7	12.53	4.51	82	0	1133
Total	351	7.41	4.206	60.84	20.7	16.53	20.51	632	15	1133

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Dinner										
Snacks/Other										
Oranges 1 large (3-1/16" dia)	86	0.22	0.028	21.62	4.4	17.2	1.73	0	0	333
Total	**980**	**11.45**	**5.228**	**206.65**	**37.3**	**121.31**	**33.47**	**888.5**	**20**	**2841**