Thursday, February 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bell Plantation PB2 Powdered Peanut Butter 1/2 x 2 tbsp, 6.5 g	22	0.75	0	2.5	1	0.5	2.5	47	0	
Village Hearth Light Wheat Bread 2 slices, 46 g	80	1	0	17	4	2	5	230	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Bell Plantation PB2 Powdered Peanut Butter 1/2 x 2 tbsp, 6.5 g	22	0.75	0	2.5	1	0.5	2.5	47	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Village Hearth Light Wheat Bread 2 slices, 46 g	80	1	0	17	4	2	5	230	0	
Horizon Organic Vanilla Organic Lowfat Milk 3/4 x 1 container, 177 ml	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
Total	507	6.25	1.367	102.06	15.2	46.2	24.47	663.25	7.5	1223
Lunch										
Quaker Rice Cakes - Lightly Salted 3 x 1 cake, 27 g	105	0	0	21	0	0	3	45	0	0
Elli Quark 1 container	80	0		10	0	5	14			
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 seedless										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
Total	**253**	**0.16**	**0.054**	**49.1**	**0.8**	**20.48**	**17.72**	**47**	**0**	**192**
Dinner										
Green Giant Sweet Peas	88	0	0	19.25	5.25	7	5.25	507.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Skinless Chicken Breast	177	2	0.531	0	0	0	37.17	105	93	
5 3/4 oz boneless, cooked, skinless										
Archer Farms Wild Rice	190	1	0	41	1	1	4	15	0	
1 cup, 140 oz										
Total	**523**	**5.25**	**0.531**	**70.75**	**9.25**	**12.5**	**49.42**	**1197.5**	**93**	**536.25**
Snacks/Other										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	
4 x 1/2 cup										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Market Pantry 1% Cottage Cheese	80	1	0.05	5	0	5	11	470	10	170
1/2 cup, 113 g										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	501	4.11	1.622	94.59	19.6	67.51	31.34	994	40	646
Total	**1784**	**15.77**	**3.574**	**316.5**	**44.85**	**146.69**	**122.95**	**2901.75**	**140.5**	**2597.25**