

Monday, September 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Horizon Organic Vanilla Organic Lowfat Milk	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
3/4 x 1 container, 177 ml										
Total	315	4.17	1.254	59.49	7.6	31.35	15.87	385.25	7.5	861
Lunch										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
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										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Sweet Potato	293	0.17	0.061	68.45	10.2	14.22	5.34	187	0	1146

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3/4 lb										
Laughing Cow Light Creamy Swiss Cheese Wedges	35	1.5	1	1	0	1	2	180	5	
1 wedge, 21 g										
Total	634	5.42	1.061	102.2	18.45	29.72	48.59	2299.5	72.5	1682.25
Snacks/Other										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Yasso Frozen Greek Yogurt - Mint Chocolate Chip	100	1.5	1.5	15	1	13	6	60	5	
1 bar, 65 g										
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)										
Peach	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
Total	321	4.75	3.089	59.26	8.5	48.2	14.98	262	15	525
Total	1304	14.42	5.431	230	34.95	117.01	79.8	2947.75	95	3164.25