Tuesday, December 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Schnucks Everything Bagels 1 Bagel, 81 g	220	2	0	42	2	4	8	410	0	75
Lunch										
Ham Sandwich with Spread 1 sandwich	271	11.59	2.767	27.87	1.9	2.21	13.05	1098	34	211
Apples 1 large (3-1/4" dia) (approx 2 per lb)	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
Total	381	11.95	2.826	57.15	7	24.24	13.6	1100	34	438
Dinner										
Knorr Pasta Sides - Cheesy Bacon Macaroni 2 x 1 cup prepared	540	3	0.1	76	4	4	14	1580	4	
Tyson Foods Boneless Skinless Chicken Breasts 2 x 4 oz, 224 g	280	8	3	0	0	0	50	80	130	0
Total	820	11	3.1	76	4	4	64	1660	134	0
Snacks/Other										
Total	**1421**	**24.95**	**5.926**	**175.15**	**13**	**32.24**	**85.6**	**3170**	**168**	**513**