Tuesday, March 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream Cheese 1 oz	99	9.89	6.227	0.75	0	0.06	2.14	84	31	34
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Half and Half or Heavy Cream 2 individual containers	29	2.55	1.589	0.95	0	0.04	0.66	9	8	29
Z muffins lighted 1 serving	103	5.7	0.373	5.38	4.3	0.35	8.76	92	47	68
Strawberries 3 large (1-3/8" dia)	17	0.16	0.008	4.15	1.1	2.52	0.36	1	0	83
Total	253	18.39	8.206	11.23	5.4	2.97	12.49	195	86	446
Lunch										
Dinner										
Snacks/Other										
Just Great Stuff Organic Powdered Peanut Butter 1/2 x 2 tbsp, 6 g	22	0.75	0	2.5	0.5	1	2	45	0	70
Bare Naked Vanilla Almond Crunch Granola 1/2 x 1/4 cup, 15 g	55	1.5	0	9	1	1.5	2	15		0
Peanut butter cookies 1/2 servings	48	3.9	0.629	3.64	0.9	0.45	2.03	51	0	9
Kroger Natural Crunchy Peanut Butter 1/2 x 2 tbsp, 16 g	95	8	1	3	1	1	4	60	0	
Total	220	14.15	1.629	18.14	3.4	3.95	10.03	171	0	79

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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	473	32.54	9.835	29.37	8.8	6.92	22.52	366	86	525