Sunday, July 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-Mate Sugar Free Italian Sweet Creme Coffee Creamer 1 tbsp, 15 ml	15	1	0	2	0	0	0	10	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Total	194	11.1	6.085	15.01	0.6	1.23	8.88	354	29	52
Lunch										
La Banderita Corn Tortillas 2 x 2 tortillas, 100 g	200	2	2	42	6	0	4	40	0	0
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Cooked Pinto, Calico or Red Beans 1 cup	313	14.85	1.915	33.91	8.4	1.14	11.61	352	0	566
Benedict Egg 1 large	428	33.48	15.858	12.9	0.9	1.46	18.54	851	408	225
La Madeleine Croissant 1 croissant	260	13	7	31	1	2	5	360	30	0
Total	1314	72.61	32.679	120.17	16.3	4.75	46.12	1777	467	818
Dinner										
Snacks/Other										
Total	**1508**	**83.71**	**38.764**	**135.18**	**16.9**	**5.98**	**55**	**2131**	**496**	**870**