Monday, March 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Friendly's Orange Juice (Small) 1 serving	130	0	0	29	0	25	2	0	0	
Au Bon Pain Almond Croissant 1 serving, 124 g	600	38	14	55	4	16	13	300	115	
Total	730	38	14	84	4	41	15	300	115	
Lunch										
Old Spaghetti Factory Spaghetti Mizithra & Brown Butter (Seniors) 1/2 x 1 serving, 124 g	330	18.5	11	32.5	1.5	1.5	9.5	140	50	
Old Spaghetti Factory Spaghetti with Clam Sauce 1/2 x 1 serving, 212.5 g	330	7	3.5	52	2	2	15	695	55	
Total	660	25.5	14.5	84.5	3.5	3.5	24.5	835	105	
Dinner										
Panda Express Orange Chicken 0 oz	18	0.92	0.18	1.89	0	0.79	0.66	27.28	4.18	
Brown Rice 1 cup cooked	215	1.74	0.349	44.42	3.5	0.68	4.99	587	0	84
Chinese Style Lemon Chicken 1 cup	670	37.07	9.458	34.52	1.5	4.06	45.31	1809	169	446
P.F. Chang's Hunan Pork 2 x 1 serving, 20 oz	790	38	2	76	4	0	32	3700	0	
Total	1693	77.73	11.987	156.83	9	5.53	82.96	6123.28	173.18	530
Snacks/Other										

Monday, March 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	3083	141.23	40.487	325.33	16.5	50.03	122.46	7258.28	393.18	530