Saturday, August 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Blueberry Streusel Bar 1 bar, 40 g	150	5	1.5	26	5	8	2	85	5	
Coffee-Mate French Vanilla Liquid Coffee Creamer 4 x 1 tbsp, 60 ml	140	6	0	20	0	20	0	120	0	
Fish, Flaxseed, Borage Oil Omega 3, 6, 9 1/2 x 2 softgels	10	1	0	0	0	0	0	0	4	
Equate Woman's ONE DAILY 1 tablet	0	0	0	0	0	0	0	0	0	0
Tap Water 1 cup	0	0	0	0	0	0	0	5	0	
Total	300	12	1.5	46	5	28	2	210	9	0
Lunch										
Equate Vision Formula 50+ 1 Softge	5	0		0			0			
Spring Valley Spring Valley Calcium Magnesium Zinc 250 vitamins 1/2 x 3 caplets	0	0	0	0	0	0	0	0	0	0
Tap Water 1 cup	0	0	0	0	0	0	0	5	0	
Banquet Zesty Marinara Sauce Over Meatballs 4 meatballs & sauce, 140 g	180	11	3.5	10	2	4	9	640	40	510
Spaghetti 1 cup cooked	220	1.29	0.245	42.95	2.5	0.78	8.06	325	0	63
Total	405	12.29	3.745	52.95	4.5	4.78	17.06	970	40	573

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Healthy Choice Cafe Steamers Tortellini Primavera Parmesan 1 Meal, 269 g	250	4.5	2.5	42	8	10	11	460	10	880
Snacks/Other										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Fish, flaxseed, & borage oil (omega 3, 6, & 9) 1/2 x 2 softgels	10	1		0			0			
Spring Valley Spring Valley Spring Valley Calcium Magnesium Zinc 250 vitamins 1/4 x 3 caplets	0	0	0	0	0	0	0	0	0	0
Tap Water 1 cup	0	0	0	0	0	0	0	5	0	
Total	176	3.79	1.666	32.66	3.1	20.6	5.32	56	10	605
Total	**1131**	**32.58**	**9.411**	**173.61**	**20.6**	**63.38**	**35.38**	**1696**	**69**	**2058**