Tuesday, March 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (Nonfat) 4 oz	40	0.2	0.133	5.5	0	5.77	3.87	59	2	188
Dannon Oikos Greek Nonfat Yogurt - Plain (Container) 1 container, 150 g	80	0	0	6	0	6	15	50	10	160
Kellogg's Special K Chocolatey Delight Cereal 1/4 x 1 cup, 10 g	30	0.5	0.5	6.25	0.75	2.25	0.5	45	0	21.25
Blackberries 3 oz	37	0.42	0.012	8.17	4.5	4.15	1.18	1	0	138
Total	187	1.12	0.645	25.92	5.25	18.17	20.55	155	12	507.25
Lunch										
Chiquita Banana 1 medium banana, 126 g	110	0	0	30	3	19	1	0	0	450
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Trader Joe's Organic Firm Tofu 1 1/4 x 3 oz, 105 g	88	5	0.62	2.5	1.25	0	10	18.75	0	
Swanson 100% Natural Chicken Broth 2 x 1 cup	20	1	0	2		2	2	1720	0	
Lettuce Salad with Assorted Vegetables 3 cups	33	0.33	0.046	6.97	2.4	4	1.64	44	0	360
Post Honey Bunches of Oats Honey Roasted 1/4 x 1 cup, 10 g	30	0.38	0	6.25	0.5	1.5	0.5	35	0	13.75
Total	335	7.14	0.753	58.83	8.05	26.67	16.39	1964.75	0	844.75

Tuesday, March 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Milk (Nonfat) 10 oz	99	0.51	0.332	13.75	0	14.43	9.67	147	6	471
Kellogg's Special K Chocolatey Delight Cereal 2 x 1 cup, 84 g	240	4	4	50	6	18	4	360	0	170
Total	339	4.51	4.332	63.75	6	32.43	13.67	507	6	641
Total	**861**	**12.77**	**5.73**	**148.5**	**19.3**	**77.27**	**50.61**	**2626.75**	**18**	**1993**