# Thursday, October 27, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Milk (Nonfat) | 30 | 0.15 | 0.1 | 4.12 | 0 | 4.33 | 2.9 | 44 | 2 | 141 |
| 3 oz | | | | | | | | | | |
| Strawberries | 41 | 0.38 | 0.019 | 9.8 | 2.6 | 5.94 | 0.85 | 1 | 0 | 195 |
| 4 1/2 oz | | | | | | | | | | |
| Dannon Oikos Greek Nonfat Yogurt - Plain (Container) | 80 | 0 | 0 | 6 | 0 | 6 | 15 | 50 | 10 | 160 |
| 1 container, 150 g | | | | | | | | | | |
| Total | 151 | 0.53 | 0.119 | 19.92 | 2.6 | 16.27 | 18.75 | 95 | 12 | 496 |
| **Lunch** | | | | | | | | | | |
| Chicken Chili | 303 | 10.71 | 2.887 | 26.36 | 8.2 | 7.64 | 26.42 | 1321 | 64 | |
| 12 oz | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Vitalicious Deep Chocolate VitaTops | 100 | 1.5 | 1 | 26 | 9 | 11 | 4 | 140 | 0 | 10 |
| 1 vitatop, 57 g | | | | | | | | | | |
| Kemps KEMPS NO SUGAR ADDED VANILLA YOGURT | 158 | 0 | 0 | 40.5 | 22.5 | 0 | 9 | 146.25 | 0 | |
| 2 1/4 x 1/2 cup | | | | | | | | | | |
| Kellogg's Special K Original Cereal | 120 | 0.5 | 0 | 23 | 0 | 4 | 6 | 220 | 0 | 20 |
| 1 cup, 31 g | | | | | | | | | | |
| Hellmann's Real Mayonnaise | 45 | 5 | 0.75 | 0 | 0 | 0 | 0 | 45 | 2.5 | 0 |
| 1/2 x 1 tbsp, 6.5 g | | | | | | | | | | |
| Steamed or Boiled Without Shell Lobster | 96 | 0.58 | 0.105 | 1.26 | 0 | 0 | 20.17 | 695 | 70 | 346 |
| 3 1/2 oz of | | | | | | | | | | |
| Smashburger Egg Bun | 210 | 6 | 2 | 36 | 1 | 2 | 7 | 510 | 5 | |
| 1 bun | | | | | | | | | | |

## Thursday, October 27, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 729 | 13.58 | 3.855 | 126.76 | 32.5 | 17 | 46.17 | 1756.25 | 77.5 | 376 |
| **Snacks/Other** | | | | | | | | | | |
| Hershey's Special Dark Chocolate Kisses | 142 | 9 | 6 | 18.75 | 2.25 | 15.75 | 1.5 | 11.25 | 3.75 | 0 |
| 3/4 x 7 pieces, 24 g | | | | | | | | | | |
| Pita Bread | 173 | 0.76 | 0.105 | 35.09 | 1.4 | 0.82 | 5.73 | 338 | 0 | 76 |
| 2 1/4 small (4" dia) | | | | | | | | | | |
| Nature Valley Nut Crisp Bars - Almond Dark Chocolate | 130 | 9 | 2 | 11 | 2 | 6 | 3 | 160 | 0 | 0 |
| 1 bar, 25 g | | | | | | | | | | |
| Milk (Nonfat) | 10 | 0.05 | 0.033 | 1.37 | 0 | 1.44 | 0.97 | 15 | 1 | 47 |
| 1 oz | | | | | | | | | | |
| Fiber One Fiber One Chewy Bars | 140 | 4 | 1.5 | 29 | 5 | 10 | 2 | 95 | 0 | |
| 1 bar | | | | | | | | | | |
| Nature Valley Nut Crisp Bars - Almond Dark Chocolate | 130 | 9 | 2 | 11 | 2 | 6 | 3 | 160 | 0 | 0 |
| 1 bar, 25 g | | | | | | | | | | |
| Total | 725 | 31.81 | 11.638 | 106.21 | 12.65 | 40.01 | 16.2 | 779.25 | 4.75 | 123 |
| **Total** | **1908** | **56.63** | **18.499** | **279.25** | **55.95** | **80.92** | **107.54** | **3951.5** | **158.25** | **995** |