Saturday, May 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Raspberries 4 oz	59	0.74	0.022	13.54	7.4	5.01	1.36	1	0	171
Harris Teeter Instant Oatmeal 1 packet	100	1.5	0	18	3	1	4	80	0	
Milk (Nonfat) 5 oz	50	0.26	0.166	6.87	0	7.22	4.83	74	3	235
Total	209	2.5	0.188	38.41	10.4	13.23	10.19	155	3	406
Lunch										
Dill Cucumber Pickles 4 spears	22	0.23	0.058	4.94	1.4	4.21	0.74	1538	0	139
Multigrain Bread 1 1/2 large slices	120	1.82	0.387	22.27	3.1	4.82	4.8	234	0	98
Philadelphia Original Cream Cheese 1 oz, 28 g	100	9	6	2	0	1	2	105	35	
Einstein Brothers Bagels Plain Bagel 1/2 x 1 bagel, 52 g	130	0.5	0	28	1	2.5	4.5	230	0	
Smoked Chinook Salmon (Lox) 5 oz	166	6.12	1.317	0	0		25.91	2835	33	248
Total	538	17.67	7.762	57.21	5.5	12.53	37.95	4942	68	485
Dinner										
Snacks/Other										
Fiber One 90 Calorie Chewy Bars - Chocolate 1 bar, 23 g	90	2	1	17	5	5	1	80	0	

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Milk (Nonfat)	30	0.15	0.1	4.12	0	4.33	2.9	44	2	141
3 oz										
Total	120	2.15	1.1	21.12	5	9.33	3.9	124	2	141
Total	**867**	**22.32**	**9.05**	**116.74**	**20.9**	**35.09**	**52.04**	**5221**	**73**	**1032**