# Friday, May 20, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Harris Teeter Instant Oatmeal<br>1 packet | 100 | 1.5 | 0 | 18 | 3 | 1 | 4 | 80 | 0 | |
| Blueberries<br>2 oz | 32 | 0.19 | 0.016 | 8.22 | 1.4 | 5.65 | 0.42 | 1 | 0 | 44 |
| Milk (Nonfat)<br>4 oz | 40 | 0.2 | 0.133 | 5.5 | 0 | 5.77 | 3.87 | 59 | 2 | 188 |
| Total | 172 | 1.89 | 0.149 | 31.72 | 4.4 | 12.42 | 8.29 | 140 | 2 | 232 |
| **Lunch** | | | | | | | | | | |
| Fage Total 0% Greek Yogurt<br>1 cup, 227 g | 130 | 0 | 0 | 9 | 0 | 9 | 23 | 85 | 10 | 0 |
| Philadelphia Smoked Salmon Cream Cheese Spread<br>2 tbsp, 31 g | 70 | 7 | 4 | 1 | 0 | 1 | 2 | 210 | 20 | |
| Kraft Wheat Thins Reduced Fat<br>1/4 x 16 crackers, 7 g | 32 | 0.88 | 0.12 | 5.5 | 0.75 | 1 | 0.5 | 57.5 | 0 | 22.5 |
| Trader Joe's Sweet Italian Style Chicken Sausage<br>1 link, 68 g | 100 | 6 | 2 | 2 | 0 | 1 | 11 | 450 | 55 | |
| Litehouse Foods Opa Greek Yogurt Feta Dill Dressing<br>2 tbsp, 30 ml | 50 | 4.5 | 0.5 | 2 | 0 | 0 | 2 | 230 | 5 | 0 |
| Lettuce Salad with Assorted Vegetables<br>6 oz | 26 | 0.26 | 0.035 | 5.34 | 1.9 | 3.06 | 1.26 | 34 | 0 | 276 |
| Total | 408 | 18.64 | 6.655 | 24.84 | 2.65 | 15.06 | 39.76 | 1066.5 | 90 | 298.5 |
| **Dinner** | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Fiber One Fiber One Chewy Bars | 140 | 4 | 1.5 | 29 | 5 | 10 | 2 | 95 | 0 | |
| 1 bar | | | | | | | | | | |
| Milk (Nonfat) | 60 | 0.31 | 0.199 | 8.25 | 0 | 8.66 | 5.8 | 88 | 3 | 282 |
| 6 oz | | | | | | | | | | |
| Total | 200 | 4.31 | 1.699 | 37.25 | 5 | 18.66 | 7.8 | 183 | 3 | 282 |
| Total | 780 | 24.84 | 8.503 | 93.81 | 12.05 | 46.14 | 55.85 | 1389.5 | 95 | 812.5 |