Thursday, September 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Path Organic Mesa Sunrise Cereal	80	0.67	0	16.01	2	2.67	2	83.38	0	
27 g										
MiraLAX Miralax	0	0	0	0	0	0	0	0	0	0
1 capful, 17 g										
Fiber One Bran Cereal	135	1.5	0	37.5	21	0	3	165	0	150
1 1/2 x 2/3 cup, 60 g										
1% Fat Milk	90	2.07	1.351	10.65	0	11.1	7.19	94	11	320
7 fl oz										
Cream (Half & Half)	39	3.45	2.147	1.29	0	0.05	0.89	12	11	39
2 tbsps										
Coffee (Brewed From Grounds)	7	0.14	0.014	0	0	0	0.85	14	0	348
3 cups (8 fl oz)										
Berkley & Jensen All Natural Premium Clover Honey	60	0		17	0	16	0	0	0	
1 tbsp, 21 g										
Total	411	7.83	3.512	82.45	23	29.82	13.93	368.38	22	857
Lunch										
Dinner										
Snacks/Other										
Total	411	7.83	3.512	82.45	23	29.82	13.93	368.38	22	857