Monday, October 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Total	262	16.23	2.539	27.06	5.3	17.34	7.36	141	0	
Lunch										
America's Choice Lite Ranch Dressing 1/2 x 2 tbsp, 15 ml	40	3.5	0.5	1.5	0	1	0	145	2.5	
Albertsons Miami Onion Roll 1 roll, 71 g	160	3	1	28	1	5	5	230	10	
Mushrooms 1/2 cup pieces or slices	8	0.12	0.018	1.15	0.4	0.58	1.08	2	0	111
Applegate Farms Smoked Turkey Breast 1 1/2 x 2 slices, 82.5 g	75	0	0	0	0	0	18	540	45	
Sargento Ultra Thin Sliced Provolone Cheese 7 g	79	5.9	3.28	0.66	0	0	5.25	150.88	16.4	0
Pita Krunch Pita Chips 1 oz	78	2		13			2			
Total	440	14.52	4.798	44.31	1.4	6.58	31.33	1067.88	73.9	111
Dinner										
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3

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yasmeen Pita Bread 1	138	1	0	29	5		6			
Great Value Boneless Skinless Chicken Breast 1 serving, 4 oz	110	2.5	0.5	0	0	0	23	220	65	250
Total	567	13.76	2.061	80.11	5.6	1.96	33.46	1006	73	308
Snacks/Other										
Pita Bread 1 small (4" dia)	77	0.34	0.046	15.6	0.6	0.36	2.55	150	0	34
Total	1346	44.85	9.444	167.08	12.9	26.24	74.7	2364.88	146.9	453