Wednesday, August 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/2 x 1 cup, 78 g	255	2.25	0	66	15	13.5	6	330	0	300
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	**403**	**2.86**	**0.276**	**98.94**	**18.1**	**33.92**	**11.49**	**395**	**2**	**927**
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Smucker's Simply Fruit Apricot 1 tbsp, 19 g	40	0	0	10	0	8	0	0		
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	**285**	**9.5**	**1.25**	**46**	**8**	**20.5**	**9.5**	**237.5**	**0**	**0**
Dinner										
Publix Steaminbag California Blend 1/2 x 1 1/4 cups, 12.5 g	15	0	0	2.5	1	1.5	0.5	17.5	0	
Lean Cuisine Comfort Meatloaf with Mashed Potatoes 1 package, 265 g	240	7	3.5	25	3	4	20	540	45	
Total	**255**	**7**	**3.5**	**27.5**	**4**	**5.5**	**20.5**	**557.5**	**45**	

Wednesday, August 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Breyers All Natural Cookies & Cream Ice Cream 1 1/2 x 1/2 cup, 99 g	225	10.5	6.75	28.5		24	3	135	22.5	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Peaches 1/2 medium (2-1/2" dia) (approx 4 per lb)	19	0.12	0.009	4.67	0.7	4.11	0.45	0	0	93
Total	313	12.35	7.07	46.01	6.2	32.65	5.96	141	22.5	209
Total	**1256**	**31.71**	**12.096**	**218.45**	**36.3**	**92.57**	**47.45**	**1331**	**69.5**	**1136**