Monday, February 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Maple & Brown Sugar Instant Oatmeal 1 packet, 43 g	160	2	0	33	3	13	4	270	0	115
Quaker Rice Cakes - Caramel Corn 3 x 1 cake, 39 g	150	0	0	33	0	9	3	90	0	
Quaker 100 Calorie Chewy Dipps Granola Bars - Chocolate Chip 2 x 1 bar, 44 g	200	6	4	36	2	14	2	150	0	110
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
Total	630	9.5	4	127	7	42	12	670	0	315
Lunch										
frito-lay Chili Cheese Corn Chips 2 oz bag	320	20	3	30	2	3	4	530	5	
Dinner										
Del Monte Very Cherry Mixed Fruit in Light Fruit Juice Syrup 2 x 1/2 cup, 248 g	180	0	0	44	1	38	1	20	0	
Yuengling Black & Tan 3 x 1 bottle, 36 oz	450	0	0	42	0	0	0	0	0	0
Progresso Light Chicken Pot Pie 2 x 1 cup, 498 g	200	6	2	32	10	4	8	1320	10	
46% Vegetable Oil Spread 2 x 1 tbsp, 28 g	120	12	2	0	0	0	0	230	0	0

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Reduced Fat Pepper Jack Cheese Slices	150	10	6.25	0	0	0	12.5	337.5	25	
2 1/2 x 1 slice, 47.5 g										
Enriched White Sandwich Bread	180	2.25	0	40.5	0	4.5	6	330	0	52.5
1 1/2 x 2 slices, 70.5 g										
Total	1280	30.25	10.25	158.5	11	46.5	27.5	2237.5	35	52.5
Snacks/Other										
Popsicle	67	0.2		16.24	0	12.02	0	11		19
2 1/2 serving 1.2 fl oz pop										
Great Value Crescent Roll	200	12	5	22	0	4	2	440		
2 x 1 roll, 56 g										
Doritos Cool Ranch Tortilla Chips	300	16	2	36	4	2	4	360	0	
2 x 12 chips, 2 oz										
Total	567	28.2	7	74.24	4	18.02	6	811	0	19
Total	**2797**	**87.95**	**24.25**	**389.74**	**24**	**109.52**	**49.5**	**4248.5**	**40**	**386.5**