Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Marsha's Homemade Buckeyes	45	2.5	0.75	5	0.25	3.75	0.75	18.75	0	
1/4 x 2 pieces , 9 g										
Hershey's Kit Kat (Snack Size)	420	22	14	54	2	42	6	60	10	
2 x 4 peice bars, 84 g										
Dannon Light & Fit Greek - Cherry	80	0	0	9	0	8	12	45	10	160
1 container, 150 g										
Quaker Chewy 90 Calorie Lowfat Granola Bars - Chocolate Chunk	90	2	0.5	19	1	7	1	80	0	50
1 bar, 24 g										
Great Value Honey Nut Spins Cereal	120	1.5		25	1	11	2	160	0	55
3/4 cup, 30 g										
Bananas	88	0.33	0.111	22.66	2.6	12.14	1.08	1	0	355
3 1/2 oz										
Great Value Strawberry Awake Cereal	110	0		25	1	10	3	220	0	65
1 1/4 cup, 40 g										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1 small (2-1/2" dia) (approx 4 per lb)										
Great Value Honey Wheat Pretzel Twists	110	1	0	23	2	4	2	300	0	30
10 sticks, 30 g										
Total	1118	29.51	15.391	197.3	12.35	108.9	28.11	885.75	20	828
Lunch										
Dinner										

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Blue Bonnet 46% Vegetable Oil Spread 1 tbsp, 14 g	60	6	1	0	0	0	0	115	0	0
Lettuce Salad with Assorted Vegetables 8 cups	89	0.89	0.123	18.59	6.5	10.65	4.38	118	0	959
Pork Chop 5 oz boneless, cooked	354	20.65	7.657	0	0	0	39.56	547	118	573
Kraft Deli Deluxe American Cheese Slices 1 slice, 19 g	70	6	3.5	0	0	0	4	310	20	
Schwebel's GIANT White Enriched Bread 1 slice, 26 g	80	1	0	16	1	1	2	135	0	
Total	653	34.54	12.28	34.59	7.5	11.65	49.94	1225	138	1532
Snacks/Other										
Popsicle 4 1/2 serving 1.2 fl oz pop	120	0.36		29.22	0	21.64	0	19		34
Great Value Sliced Pickled Beets 876 g	138	0	0	34.48	3.45	27.59	0	379.34	0	310.36
QFC Pumpkin Cream Cheese Roll 3 oz	230	10	6	36	1	28	3	590	70	
Great Value No Sugar Added Frozen Mixed Fruit 3 x 1 cup, 447 g	210	0	0	48	6	36	3	0	0	630
Total	698	10.36	6	147.7	10.45	113.23	6	988.34	70	974.36
Total	**2469**	**74.41**	**33.671**	**379.59**	**30.3**	**233.78**	**84.05**	**3099.09**	**228**	**3334.36**