# Wednesday, January 21, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Cream (Half & Half)<br>1 tbsp | 20 | 1.72 | 1.074 | 0.64 | 0 | 0.02 | 0.44 | 6 | 6 | 20 |
| Bananas<br>1 medium (7" to 7-7/8" long) | 105 | 0.39 | 0.132 | 26.95 | 3.1 | 14.43 | 1.29 | 1 | 0 | 422 |
| Raisins (Seedless)<br>1 miniature box (.5 oz) | 42 | 0.06 | 0.008 | 11.09 | 0.5 | 8.29 | 0.43 | 2 | 0 | 105 |
| Milk (Nonfat)<br>1 cup | 86 | 0.44 | 0.287 | 11.88 | 0 | 12.47 | 8.35 | 127 | 5 | 407 |
| Kroger Old Fashioned Oatmeal<br>1/2 cup uncooked, 40 g | 150 | 2.5 | 0 | 27 | 4 | 1 | 6 | 0 | 0 | |
| Total | 403 | 5.11 | 1.501 | 77.56 | 7.6 | 36.21 | 16.51 | 136 | 11 | 954 |
| **Lunch** | | | | | | | | | | |
| great harvest pumpernickel rye bread<br>2 x 1 | 280 | 0 | | 46 | | | 10 | | | |
| Mayonnaise<br>1 tbsp | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| Turkey Breast Meat<br>2 1/2 oz | 74 | 1.18 | 0.34 | 2.98 | 0.4 | 2.49 | 12.1 | 719 | 30 | 214 |
| Total | 411 | 6.09 | 1.06 | 52.49 | 0.4 | 3.43 | 22.23 | 824 | 34 | 215 |
| **Dinner** | | | | | | | | | | |
| Chicken Parmesan<br>1/2 breast with sauce and cheese | 254 | 12.38 | 3.912 | 12.18 | 1.1 | 2.65 | 22.83 | 615 | 108 | |
| Cooked Spinach (from Fresh, Fat Added in Cooking)<br>2 cups fresh | 148 | 8.32 | 1.535 | 13.62 | 8.5 | 1.55 | 10.66 | 1054 | 0 | 1672 |

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|---|---|---|---|---|---|---|---|---|---|---|
| Total | 402 | 20.7 | 5.447 | 25.8 | 9.6 | 4.2 | 33.49 | 1669 | 108 | 1672 |
| **Snacks/Other** | | | | | | | | | | |
| Pears<br>1 medium (approx 2-1/2 per lb) | 96 | 0.2 | 0.01 | 25.66 | 5.1 | 16.27 | 0.63 | 2 | 0 | 198 |
| Oranges<br>1 fruit (2-5/8" dia) | 62 | 0.16 | 0.02 | 15.39 | 3.1 | 12.25 | 1.23 | 0 | 0 | 237 |
| Total | 158 | 0.36 | 0.03 | 41.05 | 8.2 | 28.52 | 1.86 | 2 | 0 | 435 |
| **Total** | **1374** | **32.26** | **8.038** | **196.9** | **25.8** | **72.36** | **74.09** | **2631** | **153** | **3276** |