

Sunday, January 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Classic Mexican 4 Cheese 1/4 cup, 28 g	110	9	4.5	2	0	0	6	170	25	
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
Ocean Crown Lump Crab Meat 1 1/2 x 2 oz, 85.5 g	100	10.5	0	0	0	0	19.5	319.5	90	
Franz Oregon Bread Western Hazelnut Bread 2 x 1 slice, 86 g	280	10	0	42	4	8	10	380	0	
Total	605	39.32	5.941	51.03	4	9.88	35.76	1078.5	123	3
Lunch										
Lean Cuisine Marketplace Sesame Chicken 1 package, 255 g	330	9	1.5	48	3	15	14	650	25	220
Dinner										
Pork Shoulder Roasts or Steaks (Boston Blade) 10 oz	618	44.85	15.536	0	0		50.07	179	201	887
Fresh & Easy Mixed Vegetables 2 x 2/3 cup, 180 g	140	0		24	6	8	6	180	0	
Hoisin Sauce 1 tbsp	35	0.54	0.091	7.05	0.4	4.36	0.53	258	0	19
Total	793	45.39	15.627	31.05	6.4	12.36	56.6	617	201	906
Snacks/Other										

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Total	1728	93.71	23.068	130.08	13.4	37.24	106.36	2345.5	349	1129