Sunday, September 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Stonewall Kitchen Red Raspberry Jam	30	0	0	8	0	7	0	0	0	
1 tbsp, 15 g										
Shoppers Value Mixed Fruit	80	0	0	18	1	15	1	5	0	0
1/2 cup, 126 g										
Thomas' Original English Muffins	60	0.5	0	12.5	0.5	0.5	2	100	0	0
1/2 x 1 muffin, 30.5 g										
Quiche with Meat, Poultry or Fish	568	43.83	20.195	27.34	0.8	0.67	16.53	695	242	267
1 piece (1/8 9" dia)										
Total	738	44.33	20.195	65.84	2.3	23.17	19.53	800	242	267
Lunch										
Oscar Mayer Beef Hot Dogs Franks	280	26	10	2	0	0	10	720	50	
2 x 1 frank, 90 g										
Dinner										
Green Peas	117	0.58	0.103	20.97	7.4	8.22	7.86	7	0	354
1 cup										
Wawa Mixed Fruit (Large)	140	0	0	24	0	0	1	0	0	
1 serving, 12 oz										
Quiche with Meat, Poultry or Fish	568	43.83	20.195	27.34	0.8	0.67	16.53	695	242	267
1 piece (1/8 9" dia)										
Total	825	44.41	20.298	72.31	8.2	8.89	25.39	702	242	621
Snacks/Other										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1843	114.74	50.493	140.15	10.5	32.06	54.92	2222	534	888