Friday, August 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Pop-Tarts - Brown Sugar Cinnamon	105	4	1.25	17	0.5	6.5	1	95	0	
1/2 x 1 pastry, 25 g										
Butterball Everyday Turkey Bacon	150	12	3	0	0	0	12	810	60	0
6 x 1 slice , 66 g										
Total	255	16	4.25	17	0.5	6.5	13	905	60	0
Lunch										
Boar's Head 3-Pepper Colby Jack Cheese	50	4	2.5	0.5	0	0	3	85	12.5	
1/2 x 1 oz, 14 g										
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast	60	1	0	0	0	0	13	460	35	210
2 oz, 56 g										
Total	110	5	2.5	0.5	0	0	16	545	47.5	210
Dinner										
Pei Wei Caramel Chicken	380	17	3	35	2	25	21	1840	40	
1/2 serving										
Snacks/Other										
Total	745	38	9.75	52.5	2.5	31.5	50	3290	147.5	210