Tuesday, February 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tea with Milk 1 mug (8 fl oz)	23	1.11	0.637	2.01	0.1	1.84	1.26	19	3	
Rogers Foods Porridge Oats 1/3 cup, 35 g	120	2.5	0.4	21	5	0	6	0	0	
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Total	207	3.61	1.037	40.31	5.1	19.09	7.32	20	3	11
Lunch										
Kroger Strawberry Smoothie 7 fl oz, 207 ml	190	2.5	1.5	35	0	33	6	95	15	
Dinner										
Fish Pie 1 cup	288	14.76	6.616	22.67	2.1	3.51	15.7	714	58	
Green Giant Steamed Mixed Vegetables (Frozen) 2/3 cup frozen (1/2 cup cooked)	50	0	0	11	2	3	2	20	0	
Total	338	14.76	6.616	33.67	4.1	6.51	17.7	734	58	
Snacks/Other										
See's Candies Milk Chocolate Bar 8 g	44	2.6	1.6	4.8	0.2	4.4	0.6	6	2	
Tea with Milk 3 mugs (8 fl oz)	68	3.34	1.91	6.04	0.3	5.53	3.79	58	10	
Coffee with Cream and Sugar 1 mug (8 fl oz)	67	1.9	1.733	12.24	0	11.39	0.5	15	0	

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Chocolate Cake (with Chocolate Frosting) 1 piece (1/8 18 oz cake)	235	10.5	3.053	34.94	1.8		2.62	214	27	128
Total	414	18.34	8.296	58.02	2.3	21.32	7.51	293	39	128
Total	1149	39.21	17.449	167	11.5	79.92	38.53	1142	115	139