Friday, February 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wawa Soft Pretzel 1 pretzel, 128 g	350	3.5	1.5	70	4	0	12	1120	0	
Wawa Scrambled Egg Bowl 1 bowl	330	22	7	9	0	2	22	1000	700	
Total	680	25.5	8.5	79	4	2	34	2120	700	
Lunch										
I Can't Believe It's Not Butter! Original with Sweet Cream Buttermilk Spread 2 x 1 tbsp, 28 g	160	16	4	0			0	180	0	
Kroger Sweet Peas & Carrots 2 x 1/2 cup, 250 g	120	0		20	6	8	6	200	0	
Total	280	16	4	20	6	8	6	380	0	
Dinner										
Mama Lucia Fully Cooked Italian-Style Turkey Meatballs 6 meatballs, 85 g	200	12	3.5	8	1	0	15	740	45	
Snacks/Other										
Banker's Club Gin 4 x 1 oz	260	0	0	0	0	0	0	0	0	0
Total	**1420**	**53.5**	**16**	**107**	**11**	**10**	**55**	**3240**	**745**	**0**