Monday, June 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Lunch										
Bertolli Olive Oil 1/4 x 2 tsp, 2 ml	20	2.25	0.38	0	0	0	0	0	0	
Coleman Natural Frozen Boneless Skinless Chicken Breasts 4 oz, 112 g	120	1	0	0	0	0	26	75	65	
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Huy Fong Foods Sriracha Hot Chili Sauce 4 x 1 tsp, 20 g	20	0		4	0	4	0	320	0	
Dole Classic Coleslaw 1 1/2 cups, 85 g	20	0	0	5	2	3	1	15	0	0
Dole Asian Blend Chopped Salad 1 1/2 cups, 85 g	25	0		6	2	3	1	20	0	
Total	222	3.31	0.38	15.24	4	10.23	31.6	485	65	54
Dinner										
P.F. Chang's Sweet & Sour Chicken 1/2 x 2 servings	385	16	2.25	42.5	1	0	20	380	0	
P.F. Chang's Shrimp Fried Rice 2 1/2 x 1 serving, 20 oz	858	32.5	5	102.5			32.5	3127.5		
Total	1243	48.5	7.25	145	1	0	52.5	3507.5	0	

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Snacks/Other										
Fairlife Chocolate Milk 1 cup, 240 ml	140	4.5	3	13	1	12	13	280	20	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Apples 1 large (3-1/4" dia) (approx 2 per lb)	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
Total	340	5.19	3.172	65.35	8.7	46.38	14.65	283	20	589
Total	**1814**	**57.19**	**10.821**	**225.59**	**13.7**	**56.61**	**99.89**	**4294.5**	**85**	**1108**