Monday, May 18, 2015

	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) 5 cups (8 fl oz)	12	0.24	0.024	0	0	0	1.42	24	0	581
Lunch										
Dinner										
Baked or Broiled Catfish 2 fillets (5-1/4" x 2" x 3/8")	232	14.75	3.275	0.52	0	0.11	22.88	485	69	446
Mixed Vegetables (Frozen) 1 package (10 oz)	182	1.48	0.278	38.23	11.4		9.46	133	0	602
Nabisco Wheat Thins Crackers - Hint of Salt 16 crackers, 31 g	150	5	1	23	3	4	2	55	0	60
Sweet Potato 2 1/2 5" long	280	0.16	0.058	65.39	9.8	13.58	5.1	179	0	1095
Total	844	21.39	4.611	127.14	24.2	17.69	39.44	852	69	2203
Snacks/Other										
Hershey's Milk Chocolate Bar with Almonds 1 bar, 41 g	210	14	6	21	2	19	4	25	10	
Chocolate Milk 6 fl oz	142	3.93	2.449	21.62	1.3	17.99	5.77	116	15	318
Coconut Cake with Icing 1 piece (1/10 1-layer, 8" or 9" dia)	235	6.8	2.572	41.71	0.7	37.88	2.9	187	1	65
Total	587	24.73	11.021	84.33	4	74.87	12.67	328	26	383
Total	**1443**	**46.36**	**15.656**	**211.47**	**28.2**	**92.56**	**53.53**	**1204**	**95**	**3167**