Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
White Bread 1 1/2 slices	100	1.23	0.269	18.98	0.9	1.62	2.86	255	0	38
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	271	12.76	3.864	19.87	0.9	2.51	17.45	417	491	193
Lunch										
Asian Veggi Stir Fry 1 serving	144	3.31	1.033	20.59	2	14.26	7.53	873	141	
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Total	348	3.75	1.153	64.67	2.6	14.34	11.73	1450	141	55
Dinner										
Beef Retail Cuts Composite (Lean Only, Trimmed to 1/4" Fat, Select Grade) 2 oz	80	3.31	1.264	0	0		11.72	36	34	201
Meat Free Fried Rice 3 servings	546	8.85	1.353	95.73	5.6	4.04	20.04	2216	92	584
Total	626	12.16	2.617	95.73	5.6	4.04	31.76	2252	126	785
Snacks/Other										
Penne 2 cups cooked	440	2.59	0.49	85.89	5	1.56	16.14	651	0	
Hard Salted Pretzels 1 oz	108	0.75	0.142	22.61	0.9	0.78	2.93	385	0	41
Skittles Original	80	0.75	0.75	18.5	0	15	0	5	0	0

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1 oz (27 pieces), 14 g										
Total	628	4.09	1.382	127	5.9	17.34	19.07	1041	0	41
Total	**1873**	**32.76**	**9.016**	**307.27**	**15**	**38.23**	**80.01**	**5160**	**758**	**1074**