Friday, June 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Lucky Charms Cereal	220	2	0	44	4	20	4	340	0	100
2 x 1 cup, 72 g										
Whole Milk	146	7.93	4.551	11.03	0	12.83	7.86	98	24	349
1 cup										
Total	366	9.93	4.551	55.03	4	32.83	11.86	438	24	449
Lunch										
Philadelphia Regular Cream Cheese	80	7	4.5	2	0	1	2	125	20	
2 tbsp, 31 g										
Bruegger's Everything Bagel	310	2.5	0	62	4	7	12	710	0	
1 serving, 124 g										
Baby Carrots	60	0.22	0.039	14.02	3.1	8.1	1.09	133	0	403
6 oz										
Kirkland Signature Sliced Oven-Roasted Turkey Breast	180	3	0	0	0	0	30	1380	90	
3 x 2 slices, 168 g										
Total	630	12.72	4.539	78.02	7.1	16.1	45.09	2348	110	403
Dinner										
Alexia Oven Reds Olive Oil, Parmesan & Roasted Garlic Potatoes	60	1.75	0.25	9.5	1	0	1.5	135	0	125
1/2 x 3 oz, 42.5 g										
Cooked Broccoli (from Fresh)	43	2.17	0.407	5.62	2.6	1.08	1.85	233	0	228
1/2 cup fresh, cut stalks										
Boneheads Grilled Salmon	290	16	2.5	0	0	0	36	190	105	
1 serving, 6 oz										
Total	393	19.92	3.157	15.12	3.6	1.08	39.35	558	105	353

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Snacks/Other										
Trader Joe's Chocolate Brooklyn Babka 2 oz	200	9.6	2.4	25.6	1.6	12	3.2	92	40	
Total	**1589**	**52.17**	**14.647**	**173.77**	**16.3**	**62.01**	**99.5**	**3436**	**279**	**1205**