Saturday, June 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Froot Loops 2 cups	236	1.86	0.912	52.49	1.5	24.7	3.02	301	0	72
Whole Milk 1 cup	146	7.93	4.551	11.03	0	12.83	7.86	98	24	349
Total	382	9.79	5.463	63.52	1.5	37.53	10.88	399	24	421
Lunch										
Panera Bread Fuji Apple Salad (Half) 1/2 x 1 salad, 2.625 oz	140	8.5	1.75	8.5	1.5	5	8	155	25	
Panera Bread Classic Grilled Cheese 1/2 x 1 sandwich, 104.5 g	290	9.5	7.5	37	1	4.5	13	725	27.5	
Panera Bread Chocolate Chip Bagel 1 bagel	370	6	3	68	2	13	11	480	5	
Total	800	24	12.25	113.5	4.5	22.5	32	1360	57.5	
Dinner										
Domino's Pizza 14" Thin Crust Hawaiian Feast Pizza 2 x 1 slice, 224 g	498	25	10	46	4	8	22	1140	50	
Snacks/Other										
Gala Apples 1 medium (2-3/4" dia)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Total	**1751**	**59.03**	**27.752**	**242.08**	**13.3**	**82.37**	**65.24**	**2900**	**131.5**	**421**