Monday, May 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lipton Black Tea Bags 3 x 1 bag, 6 g	0	0	0	0	0	0	0	0	0	75
General Mills Cinnamon Chex Cereal 2 x 1 cup, 80 g	240	4	0	50	2	16	2	360	0	80
Total	240	4	0	50	2	16	2	360	0	155
Lunch										
Sushi 8 pieces	297	0.87	0.181	62.19	1.7	13.04	8.94	1240	6	268
Wegmans Seaweed Salad 2 x 1 package, 6 oz	120	5	0	20	8	12	2	1540	0	
Total	417	5.87	0.181	82.19	9.7	25.04	10.94	2780	6	268
Dinner										
365 Organic Extra Firm Tofu 1/4 x 1/5 package, 20 g	20	1	0.75	0.5	0.25	0	2	0	0	0
White Potatoes (Flesh and Skin) 1/4 large (3" to 4-1/4" dia)	65	0.09	0.024	14.49	2.2	1.06	1.55	6	0	375
Peach Cobbler 1/2 cup	209	5.02	1.069	39.77	1.5	24.85	2.59	164	1	156
Brown Gravy 0.2 cup	25	1.1	0.537	2.24	0.2	0.1	1.75	261	1	
Mashed Potato 1/4 cup	52	1.86	0.415	8.25	0.7	0.72	0.94	121	1	136
Pork Chop 0.87 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	102	5.96	2.209	0	0	0	11.41	158	34	165

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	473	15.03	5.004	65.25	4.85	26.73	20.24	710	37	832
Snacks/Other										
Earth Balance Natural Buttery Spread	25	2.75	0.75	0	0	0	0	25	0	
1/4 x 1 tbsp, 3 g										
Boudin Sourdough Bread	90	0	0	18	0.1	0	3	190	0	
1 slice, 43 g										
Dole Dark Sweet Cherries	36	0	0	8.8	1.2	7.2	0.4	0	0	
56 g										
Dole Organic Bananas	55	0	0	14.5	1.5	7.5	0.5	0	0	225
1/2 x 1 medium, 63 g										
Optimum Nutrition Gold Standard 100% Whey - Vanilla Ice Cream	240	2	1	6	0	2	48	230	70	
2 x 1 scoop, 62 g										
Total	446	4.75	1.75	47.3	2.8	16.7	51.9	445	70	225
Total	**1576**	**29.65**	**6.935**	**244.74**	**19.35**	**84.47**	**85.08**	**4295**	**113**	**1480**