Tuesday, July 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Organic Fat Free Milk	80	0	0	12	0	12	9	125	5	410
1 cup, 240 ml										
General Mills Chocolate Cheerios	100	1.5	0	22	2	9	1	170	0	80
1 cup, 36 g										
Total	180	1.5	0	34	2	21	10	295	5	490
Lunch										
Great Value Powdered Mini Donuts	210	10	4.5	30	1	15	2	220	5	75
4 donuts, 51 g										
Chick-fil-A Buffalo Sauce	5	0	0	0.5	0	0	0	145	0	
1/2 x 1 serving, 10.5 g										
Chick-fil-A Buttermilk Ranch Sauce	55	6	1	0.5		0.5	0	100	2.5	
1/2 x 1 packet, 10.5 g										
Chick-fil-A Diet Lemonade (Medium)	20	0	0	7	0	2	0	10	0	
1 serving, 14 oz										
Chick-fil-A Waffle Potato Fries (Medium)	390	20	3	48	3	0	4	150	0	
1 serving										
Chick-fil-A Chicken Nuggets (8 Count)	270	13	2.5	10	1	1	28	1060	70	
1 serving, 4 oz										
Total	950	49	11	96	5	18.5	34	1685	77.5	75
Dinner										
Goodberry's Frozen Custard	430	22		42	0	24	12	170	0	544

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 scoop, 8 oz										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Domino's Pizza Cheesy Bread	120	6	2	11	0	1	4	140	5	
1 stick, 38 g										
Aramark Mushroom and Sun-dried Tomato Pizza	580	15	6	80	5	0	30	1320	36	
2 x 1/8 pizza										
Sunkist Orange Soda (Can)	170	0	0	44	0	43	0	70	0	
1 can, 12 oz										
Total	1400	43	8	201	6	88	47	1715	41	544
Snacks/Other										
York Peppermint Pattie (Fun Size)	300	6	4	66	0	54	0	30	0	
2 x 3 pieces, 82 g										
Total	**2830**	**99.5**	**23**	**397**	**13**	**181.5**	**91**	**3725**	**123.5**	**1109**