Thursday, September 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Grain 100% Whole Wheat Bread 2 slices, 50 g	180	1.5	0	36	3	3	8	230	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Milk (1% Lowfat with Added Vitamin A) 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Butter (Salted) 2 pats (1" sq, 1/3" high)	72	8.11	5.137	0.01	0	0.01	0.08	58	22	2
Total	**464**	**12.46**	**6.823**	**75.14**	**6.1**	**30.13**	**18.16**	**405**	**34**	**1022**
Lunch										
Specialty's Tomato & 3 Cheese Tortellini Soup (Side) 1 1/2 x 1 serving	225	0	0	36		9	9	1215	0	
Dare Breton Multigrain Crackers 3/4 x 4 crackers, 14 g	68	3	1.12	8.25	0.75	0.75	1.5	86.25		
Total	**293**	**3**	**1.12**	**44.25**	**0.75**	**9.75**	**10.5**	**1301.25**	**0**	
Dinner										
Sutter Home Chardonnay 1 3/4 x 1 glass, 9 oz	210	0		6.65	0	0	0.88	0	0	
Schwan's Beef Shepherd's Pie 1 3/4 x 1 cup, 373 g	525	28	10.5	36.75	3.5	10.5	24.5	1242.5	70	
Total	**735**	**28**	**10.5**	**43.4**	**3.5**	**10.5**	**25.38**	**1242.5**	**70**	

Thursday, September 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Nabisco Chips Ahoy! Chocolate Chip Reduced Fat Cookies 3/4 x 3 cookies, 24 g	105	3.75	1.5	17.25	0.75	8.25	1.5	112.5	0	
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel 1 bar	160	9	7	18	2	13	2	90	0	
Kellogg's Special K Cracker Chips - Sea Salt 1 1/2 x 30 chips, 45 g	180	6	0	31.5	4.5	1.5	3	330	0	240
Total	445	18.75	8.5	66.75	7.25	22.75	6.5	532.5	0	240
Total	**1937**	**62.21**	**26.943**	**229.54**	**17.6**	**73.13**	**60.54**	**3481.25**	**104**	**1262**