Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Granola Cereal 1 bowl, 85 g	220	2.5	0	44	4	16	5	130	0	10
Milk (1% Lowfat with Added Vitamin A) 1 1/2 cups	154	3.55	2.317	18.26	0	19.03	12.33	161	18	549
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Total	379	6.14	2.326	62.26	4	35.03	17.9	300	18	791
Lunch										
Thomas' Sesame Seed Bagel 1 bagel, 95 g	260	2	0	51	3	6	9	440	0	3500
Broccoli 1/4 cup chopped	8	0.08	0.009	1.51	0.6	0.39	0.64	8	0	72
White Rice (Long-Grain, Cooked) 1/2 cup	103	0.22	0.061	22.25	0.3	0.04	2.13	1	0	28
Chicken Breast 1/4 small (yield after cooking, bone removed)	82	3.24	0.912	0	0	0	12.41	165	35	102
Total	453	5.54	0.982	74.76	3.9	6.43	24.18	614	35	3702
Dinner										
Snacks/Other										
Total	832	11.68	3.308	137.02	7.9	41.46	42.08	914	53	4493