Sunday, May 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Swiss Cheese 1 slice (1 oz)	106	7.78	4.978	1.51	0	0.37	7.54	54	26	22
Arnold 7 Grain Bread 1 slice, 43 g	110	1.5	0	21	3	3	4	150	0	
Swiss Cheese 1 slice (1 oz)	106	7.78	4.978	1.51	0	0.37	7.54	54	26	22
Butter (Salted) 2 pats (1" sq, 1/3" high)	72	8.11	5.137	0.01	0	0.01	0.08	58	22	2
Denny's Sliced Tomatoes (3 Slices) 1 serving, 2 oz	10	0	0	2	1	2	1	3	0	
Sesame Bagel 1 regular	276	2.69	0.548	52.47	2.5	5.21	10.68	461	0	
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
Total	**787**	**30.32**	**17.195**	**90.68**	**6.5**	**23.65**	**39.63**	**896**	**86**	**644**
Lunch										
Butter (Salted) 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	29	11	1
Corn On The Cob with Butter 1 ear	155	3.43	1.642	31.94			4.47	29	6	359
Total	**191**	**7.49**	**4.21**	**31.94**	**0**	**0**	**4.51**	**58**	**17**	**360**
Dinner										

Sunday, May 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pinot Gris (Grigio) Wine	247	0		6.06			0.21			
2 5 fl oz servings										
Famoso Bow Tie Pasta	210	1	0	41	2	0	7	0	0	
3/4 cup										
Kroger Extra Long Asparagus Spears	25	0	0	3	1	1	2	360	0	
6 spears, 3.5 oz										
Bell & Evans Breaded Boneless Skinless Chicken Breasts	260	8	1.5	21	2	5	25	560	45	
1 breast, 5 oz										
Total	742	9	1.5	71.06	5	6	34.21	920	45	
Snacks/Other										
Nabisco Chips Ahoy! Chocolate Chip Reduced Fat Cookies	92	3.28	1.31	15.09	0.66	7.22	1.31	98.4	0	
21 g										
Albanese Gummi Bears	120	0	0	29		19	2	10	0	
9 pieces, 28 g										
Kellogg's Special K Cracker Chips - Sea Salt	150	5	0	26.25	3.75	1.25	2.5	275	0	200
1 1/4 x 30 chips, 38 g										
Total	362	8.28	1.31	70.34	4.41	27.47	5.81	383.4	0	200
Total	**2082**	**55.09**	**24.215**	**264.02**	**15.91**	**57.12**	**84.16**	**2257.4**	**148**	**1204**