Wednesday, May 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Oikos Triple Zero - Strawberry 1 container, 150 g	120	0	0	14	6	6	15	65	5	210
Heinz Apple Cider Vinegar 1 tbsp, 15 ml	0	0		0	0	0	0	0	0	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Instant Oatmeal: Maple & Brown Sugar 1 packet	160	2	0	33	3	13	4	230	0	
Elite Gourmet Milk Chocolate 1 Scoop (32.4g)	125	1.5	0.5	6	1		21	95	20	
Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 48 fl oz	0	0	0	0	0	0	0	28	0	
Milk (Nonfat with Added Vitamin A) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
Total	492	3.8	0.797	65.33	10	31.47	48.82	531	30	894
Lunch										
Water 24 fl oz	0	0	0	0	0	0	0	14	0	
Sweet or Dark Chocolate 1 bar (1.45 oz)	207	14.02	8.233	24.44	2.3	21.11	1.6	7	0	119
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111

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1 mug (8 fl oz)										
Water	0	0	0	0	0	0	0	14	0	
24 fl oz										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1 small (2-1/2" dia) (approx 4 per lb)										
Nature Valley Crunchy Granola Bars - Oats 'N Honey	380	14	2	58	4	22	6	360	0	
2 x 2 bars, 84 g										
Total	644	28.25	10.268	97.17	8.8	54.12	8.16	401	0	343
Dinner										
Lucy's Brownie Cakes	240	8	1	36	4	22	4	90	0	
2 x 1 brownie, 58 g										
Kraft Natural Mozzarella String Cheese	80	6	3.5	0	0	0	7	190	20	
1 stick, 1 oz										
Chocolate Chip Cookie	293	14.84	4.599	38.44	1.7	20.6	3.3	178	0	89
6 medium (approx 2" dia)										
Enchilada with Chicken and Cheese in Tomato- Based Sauce	234	11.98	5.114	19.33	3.1	2.51	13.56	249	39	384
1 enchilada										
Total	847	40.82	14.213	93.77	8.8	45.11	27.86	707	59	473
Snacks/Other										
Total	**1983**	**72.87**	**25.278**	**256.27**	**27.6**	**130.7**	**84.84**	**1639**	**89**	**1710**