Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
Jennie-O Lean Turkey Italian Sausage 1 link	160	10	2.5	0	0	0	17	670	60	
Glutino Gluten Free Brown Rice Bread 1 slice, 44 g	110	2	0	22	2	2	1	90	0	
Total	**321**	**17.06**	**5.685**	**22.39**	**2**	**2.03**	**19.09**	**803**	**76**	**17**
Lunch										
Fujisan California Roll Sushi 2 1/2 x 3 pieces, 225 g	300	6.25	0	52.5	2.5	10	10	850	0	
RA Sushi Rainbow Roll 1 1/2 x 1 roll, 9 oz	420	16.5		54			15			
Total	**720**	**22.75**	**0**	**106.5**	**2.5**	**10**	**25**	**850**	**0**	
Dinner										
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Whole Milk 1 cup	146	7.93	4.551	11.03	0	12.83	7.86	98	24	349
Chex Cereal 1 cup	143	0.5	0.14	33.14	1.6	4.06	2.73	355	0	66
Total	**493**	**8.87**	**4.811**	**88.25**	**2.2**	**16.97**	**14.79**	**1030**	**24**	**470**
Snacks/Other										
Lay's Classic Potato Chips (28.3g)	160	10	1	15	1	0	2	170	0	350

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 package, 28.3 g										
See's Candies Butterscotch Lollipop	80	3	2	15	0	9	0	40	0	
1 lollipop, 21 g										
Quaker Rice Cakes - Caramel Corn	50	0	0	11	0	3	1	30	0	
1 cake, 13 g										
Total	290	13	3	41	1	12	3	240	0	350
Total	**1824**	**61.68**	**13.496**	**258.14**	**7.7**	**41**	**61.88**	**2923**	**100**	**837**