Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Almond Milk Original Unsweetened	30	2.5	0	1	0.5	0	1	170		
1 cup, 240 ml										
Sara Lee 45 Calories & Delightful 100% Whole Wheat Bread	90	1	0	18	4	2	6	170	0	
2 x 2 slices, 88 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Total	194	8.47	1.55	19.38	4.5	2.38	13.29	410	212	67
Lunch										
Oreo Limeade	140	7	2	20	0	12	1	80	0	15
2 cookies, 29 ml										
Reese's Miniature Peanut Butter Cups (1)	44	2.4	0.9	4.4	0.2	3.8	0.8	23	1	
1 minature cup, 7 g										
Nestle Kit Kat (Fun Size)	60	3	2	8	0	6	1	10	0	
2 bars, 12 g										
Seapoint Farms Frozen Edamame - Shelled Soybeans	150	4.5	0	13.5	6	1.5	12	45	0	
1 1/2 x 1/2 cup, 112.5 g										
Great Value Canned Chunk Chicken Breast	90	2	0	0	0	0	18	520	70	280
2 x 2 oz, 112 g										
Ole Extreme Wellness Whole Wheat Flour Tortillas	120	4	1.5	18	6	1	4	370	0	
1 tortilla, 45 g										
Total	604	22.9	6.4	63.9	12.2	24.3	36.8	1048	71	295

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Dinner										
Snacks/Other										
Total	798	31.37	7.95	83.28	16.7	26.68	50.09	1458	283	362