Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Chocolate Milk (Lowfat) 1 cup	158	2.5	1.54	26.1	1.2	24.85	8.1	152	8	425
Milk (Nonfat) 1/2 cup	43	0.22	0.143	5.94	0	6.24	4.18	64	2	203
Blueberries 1 cup	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
Total	344	4.2	1.724	78.05	18.7	45.53	15.35	327	10	840
Lunch										
Trader Joe's Gluten Free Blueberry Muffins 1 muffin	260	11	1	39	2	22	4	370	40	
Dinner										
Duncan Hines Moist Deluxe Cake Mix - German Chocolate 1 serving	170	4.5	1.5	32	1	20	2	420		
Yellow Summer Squash 1 cup sliced	18	0.2	0.05	3.79	1.2	2.49	1.37	2	0	296
German Style Potato Salad 1 cup	154	2.17	0.705	29.15	2.6	3.13	4.41	416	5	560
Cooked Sauerkraut 1 cup	27	0.2	0.05	6.08	3.6	2.53	1.29	939	0	241
Healthy Ones Beef Hotdogs 1 frank	160	16	5	1	0	0	4	480	45	
Total	529	23.07	7.305	72.02	8.4	28.15	13.07	2257	50	1097

Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**1133**	**38.27**	**10.029**	**189.07**	**29.1**	**95.68**	**32.42**	**2954**	**100**	**1937**