Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries (Unsweetened, Frozen) 1 cup unthawed	79	0.99	0.082	18.86	4.2	13.1	0.65	2	0	84
Kellogg's All-Bran Buds 1/2 cup, 45 g	80	1	0	24	13	8	3	200	0	300
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Total	245	2.43	0.369	54.74	17.2	33.57	12	329	5	791
Lunch										
Bruegger's Pretzel Bagel 3/4 x 1 bagel, 92 g	240	1.5	0	48	3	6	9	1207.5	0	
Dinner										
Grilled Cheese Sandwich 1 sandwich	291	15.77	5.978	27.85	1.2	3.98	9.16	764	22	129
Subway Cream of Potato with Bacon Soup 1 bowl, 10 oz	240	13	5	26	3	3	5	1050	15	
Total	531	28.77	10.978	53.85	4.2	6.98	14.16	1814	37	129
Snacks/Other										
Total	**1016**	**32.7**	**11.347**	**156.59**	**24.4**	**46.55**	**35.16**	**3350.5**	**42**	**920**