Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fresh Gourmet Sliced Almonds Toasted 1 tbsp, 7 g	40	3.5	0	1	1	0	2	0	0	0
Silk Pure Almond Milk - Vanilla 2 x 1 cup, 480 ml	180	5	0	32	2	30	2	300	0	120
Banana 2 medium (7" to 7-7/8" long)	210	0.78	0.264	53.9	6.1	28.86	2.57	2	0	845
Total	430	9.28	0.264	86.9	9.1	58.86	6.57	302	0	965
Lunch										
Polly-O Whole Milk Mozzarella Cheese 3 x 1 oz, 84 g	240	18	12	0	0	0	18	600	60	
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Total	312	18.23	12.039	19.06	3.3	14.34	18.36	601	60	148
Dinner										
Egg Noodles (Enriched, Cooked) 1/2 cup	110	1.66	0.335	20.13	1	0.32	3.63	4	23	30
Snacks/Other										
Total	852	29.17	12.638	126.09	13.4	73.52	28.56	907	83	1143