Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Reese's Reese's Puffs Cereal 3/4 x 1 cup, 29 g	90	2.25	0.38	16.5	0.75	7.5	1.5	120	0	48.75
Welch's Natural Concord Grape Jelly 2 x 1 tbsp, 36 g	60	0		16		16	0	30		
Dave's Killer Bread 21 Whole Grains Bread 2 x 1 slice, 90 g	240	4	0	44	10	10	10	360	0	230
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Cheerios 3 cups	332	5.31	1.08	66.6	10.7	3.55	10.66	640	0	626
Total	844	16.37	4.527	154.52	21.45	49.4	30.21	1250	20	1270.75
Lunch										
Sargento Natural Blends - Colby-Pepper Jack Cheese Slices 2 x 1 slice, 38 g	140	12	7	0	0	0	8	250	40	0
Pork with Chili and Tomatoes (Mixture) (Puerco Con Chile) 0.27 cup	61	2.57	0.907	1.64	0.4	0.96	7.43	159	20	201
Bell Peppers 1/8 cup chopped	5	0.06	0.011	1.12	0.4	0.78	0.18	0	0	
El Popular Chorizo 3 oz cooked, 85 g	190	15	6	2	0	0	12	890	46	0
Hashed Brown Potatoes 1/2 cup	151	9.22	4.324	16.15			1.94	290	9	267
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134

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Dave's Killer Bread 21 Whole Grains Bread 2 x 1 slice, 90 g	240	4	0	44	10	10	10	360	0	230
Total	934	52.79	21.341	65.68	10.8	12.51	52.13	2089	538	832
Dinner										
Chocolate Cupcake with Icing or Filling 1 cupcake	120	4.64	0.915	19.3	0.3	10.99	1.09	136	5	39
Ciabatta 2 medium slices	108	1.4	0.342	20	1.1	0.33	3.52	234	0	
Chicken Breast 1/2 cup cooked, diced	132	5.21	1.466	0	0	0	19.95	265	56	164
Penne 1/2 cup cooked	110	0.65	0.122	21.47	1.3	0.39	4.04	163	0	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Kraft Catalina Salad Dressing 2 tbsp, 33 g	90	6	1	9		8	0	390	0	
Total	588	18.3	3.908	75.05	6	21.16	31.11	1236	61	683
Snacks/Other										
Kroger Sugar Cookie 1/2 x 1 cookie, 14 g	65	3	0.75	9.5	0	4.5	0.5	37.5	2.5	
Kashi Crunchy Granola Bars - Pumpkin Spice Flax 2 bars, 40 g	170	6	0.5	26	4	10	5	115	0	
Total	235	9	1.25	35.5	4	14.5	5.5	152.5	2.5	
Total	**2601**	**96.46**	**31.026**	**330.75**	**42.25**	**97.57**	**118.95**	**4727.5**	**621.5**	**2785.75**