Monday, June 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Cheerios	221	3.54	0.72	44.4	7.1	2.36	7.1	427	0	418
2 cups										
Total	356	4.44	1.03	67.95	10.1	21.91	16.47	556	5	1058
Lunch										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Red Velvet Cake	147	6.87	2.03	18.72	0.6	6.95	2.73	124	22	
1/2 slice										
Turkey Sandwich	308	8.94	2.195	26.7	1.2	2.41	28.11	550	64	
1 sandwich										
Total	504	16.27	4.248	57.09	4.8	16.44	31.86	676	86	233
Dinner										
Godiva Chocolatier Chocolate Assortment	190	12	7	21	2	17	2	45	5	
3 pieces, 1.4 oz										
Martini	160	0	0	0.4	0	0.11	0.01	1	0	16
1 cocktail										
Carrots	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410
1 cup chopped										
Rice Pilaf	258	6.67	1.279	44.43	1.2	1.22	4.26	781	0	109
1 cup										
Creamed Spinach	148	9.02	2.388	11.94	3	4.08	6.66	372	6	678

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Baked or Broiled Cod	138	4.07	0.716	0.46	0	0.1	23.71	460	49	540
4 oz boneless										
Total	946	32.07	11.43	90.49	9.8	28.32	37.83	1747	60	1753
Snacks/Other										
Gatorade Thirst Quencher Fruit Punch (Bottle)	98	0		25.5	0	25.5	0	202.5	0	56.25
3/4 x 1 bottle, 15 oz										
Total	1904	52.78	16.708	241.03	24.7	92.17	86.16	3181.5	151	3100.25