Monday, May 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ocean Spray Craisins Dried Cranberries 1/4 cup, 40 g	130	0	0	33	3	26	0	0	0	0
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Kellogg's Corn Flakes 2 x 1 1/2 cups, 84 g	200	0		48	2	6	4	400	0	90
Total	416	0.44	0.287	92.88	5	44.47	12.35	527	5	497
Lunch										
Quest Cinnamon Roll Protein Bar 1 bar, 60 g	170	7	1	23	14	1	20	200	5	95
Dinner										
Couscous (Cooked) 1 cup of	176	0.25	0.046	36.46	2.2	0.16	5.95	8	0	91
Whiskey Sour 4 fl oz	186	0.07	0.006	15.59	0	15.54	0.07	74	0	22
Asparagus 1 cup	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
Chicken or Turkey Cordon Bleu 1 roll (1/2 breast with ham and sauce)	504	29.04	15.49	11.22	0.7	1.47	44.38	598	188	472
Total	893	29.52	15.604	68.47	5.7	19.69	53.35	683	188	856
Snacks/Other										
Total	**1479**	**36.96**	**16.891**	**184.35**	**24.7**	**65.16**	**85.7**	**1410**	**198**	**1448**