Wednesday, September 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chicken Breast 2 small (yield after cooking, bone removed)	655	25.94	7.297	0	0	0	99.29	1320	279	816
Dinner										
Francisco International French Sliced Bread 2 slices, 45 g	120	1	0	32	1	1	4	260	0	
Snacks/Other										
Ralphs Whole Raw Almonds 1 1/2 x 24 almonds, 1.5 oz	240	18	1.5	9	4.5	1.5	9	0	0	
M&M's Peanut M&M's (Package) 1 package, 49.3 g	250	13	5	30	2	25	5	25	5	0
Total	490	31	6.5	39	6.5	26.5	14	25	5	0
Total	**1265**	**57.94**	**13.797**	**71**	**7.5**	**27.5**	**117.29**	**1605**	**284**	**816**