Tuesday, August 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hormel Compleats Spaghetti with Meat Sauce 1 tray, 213 g	290	9	4.5	36	3	14	15	800	30	
Lunch										
Hormel Compleats Cheesy Potatoes & Ham 1 tray, 213 g	160	4	2	25	1	2	6	590	25	
Dinner										
Smart Ones Classic Favorites Thin Crust Pepperoni Pizza 1 pizza	310	10	4.5	39	4	7	17	570	25	
Snacks/Other										
David Seeds Roasted and Salted Sunflower Seeds 1/4 cup without shells	190	15	1.5	5	4	0	9	135	0	
Jolly Time 100 Calorie Healthy Pop Butter 1 bag, 34 g	100	2	0	25	5	0	3	210	0	0
Atkins Harvest Trail Dark Chocolate Peanut Butter Bar 1 bar, 38 g	170	13	3	13	9	1	8	160	0	120
Kellogg's Special K Protein Meal Bar - Chocolate Caramel 1 bar, 45 g	170	4.5	3.5	25	5	15	10	180	0	
Total	630	34.5	8	68	23	16	30	685	0	120
Total	**1390**	**57.5**	**19**	**168**	**31**	**39**	**68**	**2645**	**80**	**120**