Monday, June 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Part Skim Mozzarella Cheese 1 stick	85	5.61	3.548	1.07	0	0.17	7.27	148	15	27
Starbucks Bantam Bagel 2 pieces, 74 g	200	8	4	30	4	6	6			
Starbucks Tazo Shaken Iced Green Tea (Trenta) 1 serving, 31 oz	140	0	0	36	0	36	0	0	0	
Total	425	13.61	7.548	67.07	4	42.17	13.27	148	15	27
Lunch										
Stubb's Original BBQ Sauce 2 tbsp, 32 g	30	0	0	6	0	4	0	220	0	
Fried Batter Dipped Cauliflower 5 flowerets	263	20.28	4.395	15.89	2.6	4.76	5.68	239	17	273
Kraft Classic Caesar Dressing 1 1/2 x 2 tbsp, 43.5 g	165	16.5	3	3	0	1.5	1.5	465	15	
Glory Foods Kale Greens 64 g	36	0.4	0	7.2	1.6	0	2.4	28	0	0
Kraft Traditional Caramels 1/3 x 4 pieces, 11 g	53	1.16	0.66	10.56	0	8.91	0.66	31.35	0	29.7
Reese's Reese's Pieces Big Cup 1 package , 2.8 oz	400	22	10	46	3	41	8	230	5	0
Total	947	60.34	18.055	88.65	7.2	60.17	18.24	1213.35	37	302.7
Dinner										
Starbucks Protein Bistro Box 1 package, 193 g	370	19	6	37	5	18	13	460	200	

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Snacks/Other										
Total	1742	92.95	31.603	192.72	16.2	120.34	44.51	1821.35	252	329.7