

## Friday, September 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 1/2 x 4 links, 28 g	45	2.25	0.75	1	0	0	5	210	20	
Fage Total 0% Greek Yogurt 1/2 x 1 cup, 113.5 g	65	0	0	4.5	0	4.5	11.5	42.5	0	0
Strawberries 1/2 cup sliced	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
Bob's Red Mill Corn Grits Polenta 1/4 cup dry, 35 g	130	0.5	0	27	2	0	3	0	0	
Eggland's Best Large Grade A Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	175	0
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/2 x 1/4 cup, 14 g	40	3	1.75	0.5	0	0	4	95	7.5	
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
great value organic milk 10 ml	3	0	0	0.48	0	0.48	0.36	5	0.2	16.4
<b>Total</b>	<b>376</b>	<b>10.12</b>	<b>3.524</b>	<b>40.09</b>	<b>3.7</b>	<b>8.85</b>	<b>31.13</b>	<b>430.5</b>	<b>202.7</b>	<b>421.4</b>
<b>Lunch</b>										
Pita Bread 0.92 medium (5-1/4" dia)	114	0.5	0.069	23.06	0.9	0.54	3.77	222	0	50
Cabot Cheddar Cheese Slices 1 slice, 28 g	110	9	6	1	0	0	7	180	30	
Apples 5 oz	74	0.24	0.04	19.58	3.4	14.73	0.37	1	0	152

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<b>Total</b>	<b>298</b>	<b>9.74</b>	<b>6.109</b>	<b>43.64</b>	<b>4.3</b>	<b>15.27</b>	<b>11.14</b>	<b>403</b>	<b>30</b>	<b>202</b>
<b>Dinner</b>										
Explore Asian Organic Black Bean Spaghetti	180	2	1	17	12	5	25	2	0	0
2 oz, 56 g										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Baked Scallops	250	13.81	7.491	7.21	0.3	3.21	23.55	431	68	19
1 serving										
<b>Total</b>	<b>464</b>	<b>15.94</b>	<b>8.52</b>	<b>32.05</b>	<b>16</b>	<b>9.75</b>	<b>50.55</b>	<b>440</b>	<b>68</b>	<b>249</b>
<b>Snacks/Other</b>										
Onion Rings (Breaded and Fried)	91	5.12	2.294	10.34			1.22	142	5	43
1/3 portion (8-9 onion rings)										
Cream (Half & Half)	6	0.57	0.354	0.21	0	0.01	0.15	2	2	6
1/3 tbsp										
<b>Total</b>	<b>97</b>	<b>5.69</b>	<b>2.648</b>	<b>10.55</b>	<b>0</b>	<b>0.01</b>	<b>1.37</b>	<b>144</b>	<b>7</b>	<b>49</b>
<b>Total</b>	<b>1235</b>	<b>41.49</b>	<b>20.801</b>	<b>126.33</b>	<b>24</b>	<b>33.88</b>	<b>94.19</b>	<b>1417.5</b>	<b>307.7</b>	<b>921.4</b>