

Saturday, November 26, 2011

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	184	12.42	3.874	0.96	0	0.96	15.72	175	529	168
2 1/2 large										
Shredded Cheddar Cheese	82	6.75	3.75	0.75	0	0	5.25	135	22.5	
3/4 x 1/4 cup										
Coffee Mate Sugar Free	38	2.5	0	5	0	0	0	0	0	
2 1/2 x 1 tbsp, 37.5 ml										
Total	304	21.67	7.624	6.71	0	0.96	20.97	310	551.5	168
Lunch										
Extra Crunchy Peanut Butter	380	32	6	16	4	6	14	130	0	
2 x 2 tbsp, 66 g										
100% Whole Wheat Bread	100	2	0	20	4	2	8	230	0	
2 x 1 slice, 52 g										
Grape Jelly	100	0		26	0	20	0	10	0	
2 x 1 tbsp, 40 g										
Total	580	34	6	62	8	28	22	370	0	
Dinner										
Flour Tortilla Joey Burrito - Chicken (Junior)	398	15	6	47	7	2	19	1128	38	
1 burrito										
Chips (Side)	375	20	4	43	3	0	5	65	0	
1 serving										
Total	773	35	10	90	10	2	24	1193	38	
Snacks/Other										
Baked Cheetos	100	4	0.75	14.5	0.5	1	1.5	180	2.5	
1/2 x 1 package, 0.75 oz										

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Cake	106	4.11	0.672	16.67	0.1		0.99	98	16	15
1 oz										
half n half	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Total	264	13.29	4.643	33.11	0.6	1.07	3.82	296	35.5	73
Total	1921	103.96	28.267	191.82	18.6	32.03	70.79	2169	625	241