

## Monday, February 18, 2019

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar	160	3	0.5	29	6	1	7	290	0	150
1 packet, 45 g										
<b>Lunch</b>										
Jasmine Rice (Cooked)	238	3.5	0.689	45	0.8	0.08	5.34	189	0	
1 cup cooked										
Zucchini	20	0.22	0.046	4.15	1.4	2.15	1.5	12	0	325
1 cup chopped										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
<b>Total</b>	<b>552</b>	<b>23.6</b>	<b>6.933</b>	<b>50.69</b>	<b>2.2</b>	<b>3.77</b>	<b>32</b>	<b>481</b>	<b>846</b>	<b>593</b>
<b>Dinner</b>										
Kame Udon Stir-Fry Noodles	320	2	0	62	4	2	10	320	0	
2 x 1/2 pouch, 7 oz										
Chinese Cabbage (Bok-Choy, Pak-Choi)	9	0.14	0.018	1.53	0.7	0.83	1.05	46	0	176
1 cup shredded										
World Catch Wild Salmon	130	4	1	0	0	0	23	240	60	
4 oz fillet, 113 g										
Marketside Sugar Snap Peas	35	0	0	6	2	3	2	0	0	0
1 cup, 85 g										
<b>Total</b>	<b>494</b>	<b>6.14</b>	<b>1.018</b>	<b>69.53</b>	<b>6.7</b>	<b>5.83</b>	<b>36.05</b>	<b>606</b>	<b>60</b>	<b>176</b>
<b>Snacks/Other</b>										
<b>Total</b>	<b>1206</b>	<b>32.74</b>	<b>8.451</b>	<b>149.22</b>	<b>14.9</b>	<b>10.6</b>	<b>75.05</b>	<b>1377</b>	<b>906</b>	<b>919</b>