

Thursday, September 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cinnamon Bread	69	0.86	0.186	13.16	0.6	1.12	1.99	177	0	26
1 slice										
Cinnamon Bread	69	0.86	0.186	13.16	0.6	1.12	1.99	177	0	26
1 slice										
Total	138	1.72	0.372	26.32	1.2	2.24	3.98	354	0	52
Lunch										
Ham Sandwich with Spread	271	11.59	2.767	27.87	1.9	2.21	13.05	1098	34	211
1 sandwich										
Dole Diced Peaches in 100% Fruit Juice	80	0	0	19	1	18	1	5	0	90
1 container, 113 g										
Total	351	11.59	2.767	46.87	2.9	20.21	14.05	1103	34	301
Dinner										
Grilled Chicken	47	2.7	0.752	0	0	0	5.41	81	17	
1 oz boneless (yield after cooking)										
Flour Tortilla	41	1.01	0.245	6.68	0.4	0.25	1.08	83	0	20
1 tortilla (approx 4" dia)										
Total	88	3.71	0.997	6.68	0.4	0.25	6.49	164	17	20
Snacks/Other										
Coca-Cola Coca-Cola Classic (20 oz)	240	0	0	65	0	65	0	75	0	
1 bottle, 20 oz										
Coca-Cola Coco-Cola Classic (12 oz)	140	0	0	39	0	39	0	45	0	
1 can, 12 oz										
Total	380	0	0	104	0	104	0	120	0	

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Total	957	17.02	4.136	183.87	4.5	126.7	24.52	1741	51	373