

Food List Report

Amount	Item	Cals
<i>Sun 04-27-2014</i>		
1.0 each	Eggs, scrambled (USDA SR-21)	102
10.0 g	Sausage, pork, patty, ckd f/fzn, USDA (USDA SR-21)	27
10.0 oz	Hash Browns, plain, prep f/fzn, 12 oz pkg (USDA SR-21)	618
1.0 tbsp	Ketchup (Hunt's)	15
10.0 fl oz	Juice Drink, orange (USDA SR-21)	168
100.0 g	Pasta, orzo, enrich, dry (Store Brands)	364
1.0 each	Chicken, breast, fillet, grilled (Fast Favorites)	100
10.0 oz	Tea, Sun, peach (Snapple Beverage Group)	113
100.0 g	Fish, cod, Atlantic, fillet, bkd/brld (USDA SR-21)	105
0.5 cup	Asparagus, ckd, drained (USDA SR-21)	20
0.2 cup	Peas, chickpea, mature, ckd (USDA SR-21)	67
50.0 g	Potatoes, skin, bkd (USDA SR-21)	99
1.0 each	Tea, honey & lemon, bags (Lipton)	0
1.0 each	Coffee, cappuccino, cafe mocha, inst, pkt (General Foods)	100
30.0 g	Cookies, sugar, homestyle (Pepperidge Farm)	140
<i>Day Total</i>		<i>2037</i>
<i>Mon 04-28-2014</i>		
1.5 cup	Souffle, spinach (USDA SR-21)	349
1.0 each	Bagel, cinnamon raisin, 4" (USDA SR-21)	243
2.0 oz	Cream Cheese, regular, svg (Philadelphia)	165
12.0 fl oz	Coffee, mocha, w/whole milk, double, tall (Starbucks)	340
100.0 g	Fish, cod, Atlantic, fillet, bkd/brld (USDA SR-21)	105
0.5 cup	Asparagus, ckd w/salt, drained (USDA SR-21)	20
100.0 g	Peas, chickpea, mature, ckd w/salt (USDA SR-21)	164
8.0 fl oz	Coffee, reg, inst, prep w/water (USDA SR-21)	5
2.0 each	Potatoes, skin, bkd (USDA SR-21)	230
17.0 g	Creamer, non-dairy, hazelnut flvr (Coffee Mate)	40
3.0 oz	Cream, half & half (USDA SR-21)	111
<i>Day Total</i>		<i>1770</i>
<i>Tue 04-29-2014</i>		
1.0 each	Avocado, avg, fresh (USDA SR-21)	322
0.5 cup	Salad, leaf & romaine (Dole)	4
4.0 oz	Spinach, fresh, leaf (USDA SR-21)	26
0.2 cup	Peas, chickpea, mature, ckd (USDA SR-21)	67
0.2 cup	Soybeans, edamame, fzn (USDA SR-21)	32
0.2 cup	Cranberries, swtnd, dried, Craisins (Ocean Spray)	99
100.0 g	Fried Chicken, broiler/fryer, breast, w/o skin (USDA SR-21)	187
1.0 oz	Seeds, flax (Bob's Red Mill)	142
0.2 cup	Seeds, sunflower, kernels, dried (USDA SR-21)	204

3.0 oz	Tofu, fried, pce (USDA SR-21)	230
2.0 cup	Rice, white, long grain, ckd (USDA SR-21)	411
4.0 oz	Peppers, bell, red, sweet, fresh, chpd (USDA SR-21)	35
0.2 cup	Broccoli, fresh (USDA SR-21)	8
100.0 g	Mushrooms, white, fresh (Mushroom Council)	21
6.0 each	Cheese Sticks, mozzarella, breaded, w/o sauce, fzn (TGI	600
	<i>Day Total</i>	<i>2388</i>