

Tuesday, March 04, 2008

Meal	Food	Portion	Calories
Tuesday, March 04, 2008			
Meal 1			
	bagels blueberry, pre-sliced, Lender's	1 each	160
	coffee instant, irish cream, International Coffees	1 serving	60
	eggs, hard-boiled	1 each	78
Meal 2			
	peanuts, dry roasted w/o salt, Planters	1 ounce	160
Meal 3			
	soup beef vegetable w/noodles, chunky style	1 cup	182
Meal 4			
	bananas, fresh	1 each	109
Meal 5			
	pollock atlantic, cooked dry heat	3 ounce	100
	salad kit, caesar w/dressing, Fresh Express	1 serving	160
	rice white, long grain, cooked	1 cup	205
Meal 6			
	brownies, homemade	1 each	112
			1326

Any information, content or results available through use of the BalanceLog Software or HealthTech web site are made available to you for informational purposes only and should not be construed as medical advice.