**[Delete Selected Meal](http://www.myfitnesspal.com/meal/delete/97777629)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Standard Gastric Meal**  **Items In This Meal** | Calories | Carbs | Fat | Protein | Sodium | Sugar |
| Alta Dena - 2% Reduced Fat Milk, 236 ml | 250 | 25 | 9 | 17 | 250 | 24 |
| Eggs - Hard-boiled (whole egg), 2 large | 155 | 1 | 11 | 13 | 124 | 1 |
| Kraft - Real Mayo Packet, 2 pouch (12.4g) | 180 | 0 | 20 | 0 | 130 | 0 |
| La Jolla Baking Company - Premium White Loaf, 2 slice (32.59g) | 180 | 34 | 2 | 6 | 380 | 2 |
| Dole - Yellow Cling Diced Peaches In 100% Fruit Juice, 1 container (113g) | 80 | 19 | 0 | 0 | 5 | 18 |
| **Total:** | **845** | **79** | **42** | **36** | **889** | **45** |

**Egg Free Gastric Meal**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Items In This Meal** | Calories | Carbs | Fat | Protein | Sodium | Sugar |
| Alta Dena - 2% Reduced Fat Milk, 236 ml | 250 | 25 | 9 | 17 | 250 | 24 |
| La Jolla Baking Company - Premium White Loaf, 2 slice (32.59g) | 180 | 34 | 2 | 6 | 380 | 2 |
| Smucker's - Single Serving Peanut Butter, 42 g(3/4 oz) | 240 | 10 | 22 | 8 | 200 | 4 |
| Cheese - Cheddar, 21 g | 85 | 0 | 7 | 5 | 130 | 0 |
| Keebler - Zesta -original Saltine Crackers, 2 Crackers (15g) | 24 | 4 | 1 | 0 | 60 | 0 |
| Heinz - Strawberry Jam (From Website), 0.5 oz | 35 | 9 | 0 | 0 | 0 | 9 |
| **Total:** | **814** | **82** | **41** | **36** | **1,020** | **39** |

**Dairy Free Gastric Meal**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Items In This Meal** | Calories | Carbs | Fat | Protein | Sodium | Sugar |
| La Jolla Baking Company - Premium White Loaf, 2 slice (32.59g) | 180 | 34 | 2 | 6 | 380 | 2 |
| Eggs - Hard-boiled (whole egg), 2 large | 155 | 1 | 11 | 13 | 124 | 1 |
| Kraft - Real Mayo Packet, 2 pouch (12.4g) | 180 | 0 | 20 | 0 | 130 | 0 |
| Kikkoman Pearl - Organic Soymilk Vanilla 244ml (8.25 oz), 244 ml | 150 | 18 | 5 | 9 | 180 | 17 |
| Luna Bar - S'mores, 1 bar (48g) | 180 | 27 | 5 | 9 | 140 | 13 |
| **Total:** | **845** | **80** | **43** | **37** | **954** | **33** |

**Gluten Free Gastric Meal**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Items In This Meal** | Calories | Carbs | Fat | Protein | Sodium | Sugar |
| Alta Dena - 2% Reduced Fat Milk, 236 ml | 250 | 25 | 9 | 17 | 250 | 24 |
| Eggs - Hard-boiled (whole egg), 2 large | 155 | 1 | 11 | 13 | 124 | 1 |
| Kraft - Real Mayo Packet, 2 pouch (12.4g) | 180 | 0 | 20 | 0 | 130 | 0 |
| Generic - Watermelon (1/2 Cup), 0.5 cup | 23 | 6 | 0 | 0 | 1 | 5 |
| Lettuce - Green leaf, raw, 1 leaf inner | 1 | 0 | 0 | 0 | 1 | 0 |
| Souper Salad - Cucumbers, Sliced, 0.3 cup | 5 | 1 | 0 | 0 | 0 | 0 |
| Tomato - Slice 1/4 Inch, 3 Slice | 15 | 3 | 0 | 0 | 0 | 3 |
| Dole - Yellow Cling Diced Peaches In 100% Fruit Juice, 1 container (113g) | 80 | 19 | 0 | 0 | 5 | 18 |
| Borrelli - Extra Large Black Olives, 3 olives | 25 | 1 | 2 | 0 | 105 | 0 |
| Dannon - All Natural Yogurt - Vanilla, 6 oz. | 150 | 25 | 3 | 7 | 105 | 25 |
| **Total:** | **884** | **81** | **45** | **37** | **721** | **76** |