Tuesday, May 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Orange Scones 1 serving	173	8.05	4.552	18.57	2.8	3.1	5.25	273	38	44
Johnsonville Fully Cooked Breakfast Sausage Turkey (45g) 2 links, 45 g	70	3.5	1	2	0	0	8	340	30	
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Orange 1/2 large (3-1/16" dia)	43	0.11	0.014	10.81	2.2	8.6	0.86	0	0	167
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Ripple Original Unsweetened Plant-Based Milk (12 oz) 11 ml	3	0.25	0.03	0	0	0	0.37	5.58	0	16.43
Total	415	20.03	7.608	31.62	5	11.7	27.19	760.58	408	505.43
Lunch										
Dinner										
Snacks/Other										
Premier Nutrition High Protein Shake - Vanilla 1 shake, 11 oz	160	3	1	4	1	1	30	270	25	310
Total	**575**	**23.03**	**8.608**	**35.62**	**6**	**12.7**	**57.19**	**1030.58**	**433**	**815.43**