Wednesday, September 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fruit Salad 1 cup	108	1.63	1.229	25	3.4	20.46	1.27	11	0	
Coffee with Milk 2 coffee cups (6 fl oz)	13	0.29	0.164	1.68	0	0.44	0.65	13	0	
Scrambled Egg (Whole, Cooked) 1 large	101	7.45	2.244	1.34	0	1.06	6.76	171	215	84
Bacon 1 thin slice (yield after cooking)	27	2.09	0.687	0.07	0	0	1.85	116	6	28
Swiss Cheese 1 oz	108	7.88	5.04	1.53	0	0.37	7.63	54	26	22
Italian Bread 2 1/2 oz	192	2.48	0.606	35.44	1.9	0.59	6.24	414	0	78
Total	549	21.82	9.97	65.06	5.3	22.92	24.4	779	247	212
Lunch										
White Table Wine 2 5 fl oz servings	244	0	0	7.64	0	2.82	0.21	15	0	209
Swiss Cheese 2 slices (1 oz)	213	15.57	9.956	3.01	0	0.74	15.08	108	52	43
Italian Bread 2 oz	154	1.98	0.485	28.35	1.5	0.47	4.99	331	0	62
Figs 2 medium (2-1/4" dia)	74	0.3	0.06	19.18	2.9	16.26	0.75	1	0	232
Total	685	17.85	10.501	58.18	4.4	20.29	21.03	455	52	546
Dinner										
White Table Wine	244	0	0	7.64	0	2.82	0.21	15	0	209

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2 5 fl oz servings										
Italian Bread	154	1.98	0.485	28.35	1.5	0.47	4.99	331	0	62
2 oz										
Potato French Fries	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
1 order										
Beef Top Sirloin (Trimmed to 1/8" Fat)	456	28.83	11.628	0	0	0	46.04	118	107	714
8 oz										
Total	1010	38.82	13.982	56.32	3.4	3.62	53.22	635	107	1285

Snacks/Other

Total	2244	78.49	34.453	179.56	13.1	46.83	98.65	1869	406	2043