

Wednesday, March 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Lunch										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
Total	370	4.16	1.108	0	0	0	77.58	218	194	
Dinner										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Publix Yukon Gold Potatoes	220	0	0	52	4	2	6	0	0	1240
2 x 1 potato, 296 g										
Butter (Salted)	305	34.55	21.883	0.03	0	0.03	0.36	245	92	10
3 tbsps										
Total	638	43.83	27.789	52.39	4	2.18	13.33	419	121	1277
Snacks/Other										
Dry Roasted Almonds (with Salt Added)	338	29.95	2.295	10.94	6.7	2.78	12.53	192	0	423
2 oz (22 whole kernels)										
M&M's Peanut Butter M&M's (Package)	240	14	8	26	1	22	4	100	5	
1 bag, 46.2 g										
Total	578	43.95	10.295	36.94	7.7	24.78	16.53	292	5	423

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Total	1733	101.88	42.291	90.1	11.7	27.73	120.02	1069	743	1834