

## Wednesday, March 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
<b>Lunch</b>										
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										
<b>Total</b>	<b>370</b>	<b>4.16</b>	<b>1.108</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>77.58</b>	<b>218</b>	<b>194</b>	
<b>Dinner</b>										
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										
<b>Total</b>	<b>638</b>	<b>43.83</b>	<b>27.789</b>	<b>52.39</b>	<b>4</b>	<b>2.18</b>	<b>13.33</b>	<b>419</b>	<b>121</b>	<b>1277</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>578</b>	<b>43.95</b>	<b>10.295</b>	<b>36.94</b>	<b>7.7</b>	<b>24.78</b>	<b>16.53</b>	<b>292</b>	<b>5</b>	<b>423</b>

**Wednesday, March 14, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Total</b>	<b>1733</b>	<b>101.88</b>	<b>42.291</b>	<b>90.1</b>	<b>11.7</b>	<b>27.73</b>	<b>120.02</b>	<b>1069</b>	<b>743</b>	<b>1834</b>