Sunday, October 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Eggland's Best Extra Large Grade A Eggs 1 egg, 56 g	70	4.5	1	0	0	0	7	75	200	0
Country Crock Butter with Calcium 1/4 x 1 tbsp, 4 g	12	1.25	0.38	0	0	0	0	23.75	0	0
Sunbeam Queen Bread 1/2 x 2 slices, 22.5 g	60	0.75	0	12	0	1.5	2	120	0	0
Total	142	6.5	1.38	12	0	1.5	9	218.75	200	0
Lunch										
Kraft Catalina Salad Dressing 39 g	107	7.16	1.19	10.75		9.55	0	465.66	0	
Great Value Shredded Mild Cheddar Cheese 1/4 cup, 28 g	110	9	5	1	0	0	7	180	25	25
Fresh Express Sweet Butter Tender Lettuce Mix 48 g	6	0	0	1.13	0.56	0.56	0.56	5.65	0	
Fresh Express Baby Spinach 1 package, 142 g	30	0.5	0	5	3	1	4	110	0	
Total	253	16.66	6.19	17.88	3.56	11.11	11.56	761.31	25	25
Dinner										
Snacks/Other										
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	545	23.16	7.57	69.88	3.56	52.61	20.56	1035.06	225	25