Sunday, April 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Einstein Brothers Bagels Cinnamon Raisin Swirl Bagel	290	1	0	63	3	13	10	450	0	
1 bagel, 108 g										
Lunch										
Cape Cod Original Kettle Cooked Potato Chips	140	8	0.5	17	0	0	2	150	0	
1 bag, 1 oz										
Great Steak & Potato Company Original Philly Cheesesteak (Regular)	650	26	10	62	5	10	40	2570	95	
1 sandwich, 336 g										
Total	790	34	10.5	79	5	10	42	2720	95	
Dinner										
Snacks/Other										
Total	1080	35	10.5	142	8	23	52	3170	95	