# Monday, August 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Panera Bread Watermelon Feta Salad<br>1/4 x 1 salad | 115 | 6 | 1.25 | 13.5 | 2 | 7.25 | 3 | 112.5 | 2.5 | 0 |
| Fish Chowder<br>1 cup | 190 | 4.9 | 2.12 | 11.71 | 0.7 | 6.12 | 23.74 | 586 | 56 | 664 |
| Johnny Rockets Patty Melt<br>1 sandwich, 203 g | 590 | 34 | 25 | 33 | 4 | 7 | 33 | 729.6 | 100 | 0 |
| Deep Fried Potato French Fries (from Fresh)<br>3 cups | 457 | 23.32 | 2.991 | 57.46 | 7.2 | 2.56 | 6.63 | 21 | 0 | 1385 |
| Key Lime Pie<br>1 piece (1/8 9" Dia) | 364 | 16.48 | 3.513 | 49.62 | 0.7 | 26.55 | 5.06 | 309 | 83 | |
| Indian River Orange Juice<br>1,008 ml | 462 | 0 | | 109.2 | 8.4 | 100.8 | 4.2 | 0 | 0 | 1848 |
| Stonewall Kitchen Roasted Garlic Aioli<br>2 x 1 tbsp, 30 g | 180 | 20 | 2 | 2 | 0 | 0 | 0 | 270 | 20 | |
| Total | 2358 | 104.7 | 36.874 | 276.49 | 23 | 150.28 | 75.63 | 2028.1 | 261.5 | 3897 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **2358** | **104.7** | **36.874** | **276.49** | **23** | **150.28** | **75.63** | **2028.1** | **261.5** | **3897** |