Wednesday, July 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Philadelphia Original Cream Cheese 3/4 x 1 oz, 21 g	75	6.75	4.5	0.75	0	0.75	1.5	78.75	26.25	
Udi's Gluten Free White Sandwich Bread 2 slices, 62 g	140	4	0	22	1	2	4	290	0	
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Total	306	15.78	6.05	23.37	1	3.36	15.39	493.75	238.25	121
Lunch										
Udi's Gluten Free Three Cheese Pizza 1/2 pizza, 141 g	330	16	7	37	2	3	11	330	30	0
Dinner										
Uno Chicago Grill French Fries 1 serving	450	33	4.5	35	7	0	5	1290	0	
Cheddar Cheese 3/4 slice (1 oz)	85	6.96	4.429	0.27	0	0.11	5.23	130	22	21
Skinless Chicken Breast 4 oz boneless, cooked, skinless	123	1.39	0.37	0	0	0	25.86	73	65	
Total	658	41.35	9.299	35.27	7	0.11	36.09	1493	87	21
Snacks/Other										
Manchu Wok General Tso's Chicken	360	21	3.5	31	1	12	14	880	50	

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1 serving, 142 g										
Total	**1654**	**94.13**	**25.849**	**126.64**	**11**	**18.47**	**76.48**	**3196.75**	**405.25**	**142**