

## Monday, October 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Great Value Bacon Breakfast Bowl (Container)	500	34	13	22	3	0	31	925	395	
1 container, 226 g										
<b>Lunch</b>										
<b>Dinner</b>										
KFC Sweet Life Chocolate Chip Cookie	160	8	4	23	1	15	2	90	10	
1 serving, 35 g										
KFC Potato Wedges	270	13	1.5	34	2	0	4		0	
1 serving, 108 g										
KFC Chicken Little	620	36	5	46	4	8	28	1180	80	
2 x 1 sandwich										
<b>Total</b>	<b>1050</b>	<b>57</b>	<b>10.5</b>	<b>103</b>	<b>7</b>	<b>23</b>	<b>34</b>	<b>1270</b>	<b>90</b>	
<b>Snacks/Other</b>										
<b>Total</b>	<b>1550</b>	<b>91</b>	<b>23.5</b>	<b>125</b>	<b>10</b>	<b>23</b>	<b>65</b>	<b>2195</b>	<b>485</b>	