

Monday, October 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Bacon Breakfast Bowl (Container)	500	34	13	22	3	0	31	925	395	
1 container, 226 g										
Lunch										
Dinner										
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										
Total	1050	57	10.5	103	7	23	34	1270	90	
Snacks/Other										
Total	1550	91	23.5	125	10	23	65	2195	485	