

## Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
Blue Plate Real Mayonnaise	200	22	3	0	0	0	0	160	20	
2 x 1 tbsp, 28 g										
Chester's Puffcorn Cheese	160	11	1.5	14	0	1	2	290	0	
46 pieces, 1 oz										
Arnold Potato Sandwich Thins	100	1	0	23	5	2	4	180		
1 roll										
Chicken of the Sea Premium Select Solid White Albacore Tuna in Water	120	2	0	0	0	0	30	360	50	0
2 x 1/4 cup, 4 oz										
<b>Total</b>	<b>580</b>	<b>36</b>	<b>4.5</b>	<b>37</b>	<b>5</b>	<b>3</b>	<b>36</b>	<b>990</b>	<b>70</b>	<b>0</b>
<b>Dinner</b>										
Papa John's 16" Original Crust Pizza - Cheese	290	10	4.5	37	2	4	11	720	25	
1 slice, 136 g										
Papa John's 16" Original Crust Pizza - The Meats	370	17	5	40	2	5	16	980	30	
1 slice, 150 g										
Papa John's Breadsticks	145	2.25	0.25	27	1	2	4	270	0	
1/2 x 2 sticks, 57.5 g										
<b>Total</b>	<b>805</b>	<b>29.25</b>	<b>9.75</b>	<b>104</b>	<b>5</b>	<b>11</b>	<b>31</b>	<b>1970</b>	<b>55</b>	
<b>Snacks/Other</b>										
McDonald's Hot Fudge Sundae	330	9	7	53	1	48	8	170	25	
1 serving, 179 g										

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<b>Total</b>	<b>1715</b>	<b>74.25</b>	<b>21.25</b>	<b>194</b>	<b>11</b>	<b>62</b>	<b>75</b>	<b>3130</b>	<b>150</b>	<b>0</b>