

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
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										
Total	580	36	4.5	37	5	3	36	990	70	0
Dinner										
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										
Total	805	29.25	9.75	104	5	11	31	1970	55	
Snacks/Other										
McDonald's Hot Fudge Sundae	330	9	7	53	1	48	8	170	25	
1 serving, 179 g										

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Total	1715	74.25	21.25	194	11	62	75	3130	150	0