

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 |