

Saturday, September 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Quaker Instant Grits - Butter 1 packet, 28 g	100	1.5	0.5	21	1	1	2	370	0	
Baileys Coffee Creamer - Chocolate 2 x 1 tbsp, 30 ml	80	3	2	12	0	10	0	30	10	
Total	379	19.71	8.284	34.96	1	12.43	15.01	611	410	138
Lunch										
Olive Garden Garden-fresh Salad with Dressing 1 serving	140	9	1.5	12	2	3	3	740	5	
Olive Garden Breadsticks 1 breadstick	140	2.5	0.5	25	0	0	4	460	0	
Olive Garden Eggplant Parmigiana (Dinner) 1/2 x 1 serving	425	17.5	5	49	9.5		18	950		
Total	705	29	7	86	11.5	3	25	2150	5	
Dinner										
Olive Garden Garden-fresh Salad with Dressing 1 serving	140	9	1.5	12	2	3	3	740	5	
Snacks/Other										
Icee Coca Cola Icee 2 x 8 fl oz, 480 ml	130	0		36			0	12		0

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Total	1354	57.71	16.784	168.96	14.5	18.43	43.01	3513	420	138