

Wednesday, October 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Homemade-Style Spaghetti Sauce with Beef or Meat 2 cups	563	32.17	8.386	41.88	9	23.7	32.57	2435	85	2126
Dinner										
Publix Fried Chicken Thigh 1 thigh, 3 oz	260	19	0	5	0	0	13	570	65	165
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Dinner Rolls 1 roll (pan, dinner, or small roll) (2" square, 2" high)	84	2.04	0.491	14.11	0.8	0.73	2.35	146	0	37
Total	378	21.17	0.52	26.95	4.5	2.27	17.35	723	65	432
Snacks/Other										
Chick-fil-A Waffle Potato Fries (Large) 1 serving, 128 g	520	27	4	63	4	0	6	200	0	
Total	1461	80.34	12.906	131.83	17.5	25.97	55.92	3358	150	2558