Tuesday, September 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hot Chocolate Cocoa (Made with Whole Milk) 1 cup	190	5.47	3.308	29.9	2.3	27.4	8.8	95	17	440
Lunch										
Tomatoes 2 medium whole (2-3/5" dia)	44	0.49	0.113	9.64	3	6.47	2.16	12	0	583
Provolone Cheese 2 slices (1 oz)	197	14.91	9.564	1.2	0	0.31	14.32	491	39	77
Nature's Own All Natural 100% Whole Wheat Bread 1 slice , 26 g	100	1.5	0	20	3	3	5	170	0	
Pepsi Diet Pepsi 1 1/2 x 8 fl oz, 360 ml	0	0		0	0	0	0	37.5	0	
Total	341	16.9	9.677	30.84	6	9.78	21.48	710.5	39	660
Dinner										
Carrots 1 cup chopped	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410
Cobblestone Mill Bratwurst Buns 1 bun, 71 g	170	2	1	38	3	5	0	280	0	0
Onions 1/2 cup chopped	34	0.06	0.021	8.09	1.1	3.42	0.74	2	0	115
Johnsonville Original Bratwurst 1 grilled link, 82 g	260	21	8	2	0	1	14	680	60	
Ketchup 2 tbsps	29	0.11	0.016	7.52	0.1	6.83	0.52	334	0	115
Yellow Mustard	3	0.16	0.008	0.39	0.2	0.14	0.2	56	0	8

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1 tsp or 1 packet										
Pepsi Diet Pepsi	0	0		0	0	0	0	75	0	
3 x 8 fl oz, 720 ml										
Total	548	23.64	9.092	68.26	8	22.2	16.65	1515	60	648

Snacks/Other

Total	1079	46.01	22.077	129	16.3	59.38	46.93	2320.5	116	1748