Tuesday, May 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coca-Cola Diet Coke (Can)	0	0	0	0	0	0	0	40	0	
1 can, 12 oz										
Lunch										
Subway Cucumbers	1	0	0	0.5	0	0	0	0	0	12.5
1/2 x 3 slices, 7 g										
Bacon	54	4.18	1.374	0.14	0	0	3.7	231	11	56
2 thin slices (yield after cooking)										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Hard-Boiled Egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Mozzarella Cheese (Whole Milk)	85	6.34	3.729	0.62	0	0.29	6.29	178	22	22
1 oz										
Garlic Bread	106	4.09	0.789	14.6	0.9	0.13	2.48	195	0	35
2 small slices (2-1/2" x 2" x 1")										
Honey Mustard Dressing	150	8.1	1.002	20.87	0.3	20.28	0.44	269	0	31
3 tbsps										
Total	482	28.09	8.538	38.92	1.9	22.23	19.7	941	245	297.5
Dinner										
Snacks/Other										
Total	**482**	**28.09**	**8.538**	**38.92**	**1.9**	**22.23**	**19.7**	**981**	**245**	**297.5**