Tuesday, May 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 5 tbsps	98	8.62	5.368	3.22	0	0.12	2.22	31	28	98
Coffee (Brewed From Grounds) 5 cups (8 fl oz)	12	0.24	0.024	0	0	0	1.42	24	0	581
Total	110	8.86	5.392	3.22	0	0.12	3.64	55	28	679
Lunch										
Baked Potato Soup 12 oz	530	32.59	17.515	38.63	3.2	5.13	21.97	706	84	
Pesto Sauce 2 tbsps	160	15.01	3.89	1.52	0.5	0.24	5.43	210	12	61
wrap maria ricardos 1	130	3.5		20	4	0	4			
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Bacon 4 thin slices (yield after cooking)	108	8.36	2.748	0.29	0	0	7.41	462	22	113
Deli Turkey or Chicken Breast Meat 3 slices (1 oz)	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
Stop & Shop Mixed Salad Greens 2 x 1 cup, 170 g	30	0	0	6	2	4	2	0	0	
cains CAINS ALL NAT MAYONAISE 1 tbsp	100	11		0			0			
Total	1372	90.43	36.373	70.74	10.1	12.65	69.27	2589	214	486
Dinner										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Tortilla Chips (White Corn) 3 oz	415	19.87	2.091	55.55	4.5	0.85	6.63	358	0	183
Cabot CABOT XSHP CHED BRCK-84 3 x 1oz, 84 g	330	27	18	0	0	0	21	540	90	0
Skippy Creamy Peanut Butter 2 tbsp, 32 g	190	16	3	6	2	3	7	150	0	208
Freihofer's Stone Ground 100% Whole Wheat Bread 2 x 1 slice, 72 g	160	2	0	30	4	10	8	320	0	0
Total	1095	64.87	23.091	91.55	10.5	13.85	42.63	1368	90	391
Snacks/Other										
Chocolate Cake (with Chocolate Frosting) 1 piece (1/8 18 oz cake)	235	10.5	3.053	34.94	1.8		2.62	214	27	128
M&M's Milk Chocolate (Fun Size) 2 packs, 27 g	220	10	6	32	1	28	2	30	5	
Total	455	20.5	9.053	66.94	2.8	28	4.62	244	32	128
Total	**3032**	**184.66**	**73.909**	**232.45**	**23.4**	**54.62**	**120.16**	**4256**	**364**	**1684**