Friday, April 13, 2018

	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
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Kroger Breakfast Sausage Links 2 x 1 serving, 4 oz	200	14	5	6	0	4	12	960	60	
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Toasted Bagel 1 large	354	2.12	0.348	70.25	3.2	7.16	13.7	590	0	105
Total	938	45.88	18.917	82.3	3.2	13.87	47.19	2450	531	917
Lunch										
Deli Sliced Ham 5 slices (4-1/4" sq) (0.75 oz)	170	8.81	2.835	2.39	0	0	19.17	1342	56	312
American Cheese 2 slices (1 oz)	191	14.77	8.834	3.93	0	3.65	10.74	735	46	
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	521	25.58	11.669	36.32	4	13.65	37.91	2397	102	312
Dinner										
Meatballs with Sauce (Mixture) 6 meatballs with sauce	488	31.68	11.963	0.67	0	0.52	46.54	2214	255	552

Friday, April 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
New York Hand Tied Garlic Knots	260	8	2	38	2	4	6	440	0	
2 x 1 knot, 70 g										
Baked Pasta	805	41.31	22.218	58.98	4.2	9.28	49.34	734	177	
2 cups										
Total	1553	80.99	36.181	97.65	6.2	13.8	101.88	3388	432	552
Snacks/Other										
Pinot Gris (Grigio) Wine	247	0		6.06			0.21			
2 5 fl oz servings										
Brownie	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
3 brownies (2" square)										
Total	634	14.05	2.915	69.85	2.2	37.5	5.07	151	36	182
Total	**3646**	**166.5**	**69.682**	**286.12**	**15.6**	**78.82**	**192.05**	**8386**	**1101**	**1963**