# Saturday, July 4, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| McDonald's Egg McMuffin<br>1 serving | 300 | 13 | 5 | 31 | 4 | 3 | 17 | 750 | 260 | |
| Fiber One Oats & Chocolate Bar<br>1 bar, 40 g | 140 | 4 | 2 | 29 | 9 | 10 | 2 | 90 | 0 | |
| Total | 440 | 17 | 7 | 60 | 13 | 13 | 19 | 840 | 260 | |
| **Lunch** | | | | | | | | | | |
| Cream Cheese<br>3 tbsps | 152 | 15.17 | 9.555 | 1.16 | 0 | 0.09 | 3.28 | 129 | 48 | 52 |
| Oreo Chocolate Sandwich Cookies<br>3 cookies, 34 g | 160 | 7 | 2 | 25 | 1 | 14 | 1 | 140 | 0 | 55 |
| Cheesecake<br>1/4 piece (1/6 17 oz cake) | 64 | 4.5 | 1.984 | 5.1 | 0.1 | | 1.1 | 41 | 11 | 18 |
| Chocolate Cake (Without Frosting)<br>1 piece (1/12 9" dia) | 340 | 14.34 | 5.158 | 50.73 | 1.5 | | 5.04 | 299 | 55 | 133 |
| Cucumber Salad with Vinegar<br>1 cup | 52 | 0.13 | 0.036 | 11.61 | 0.8 | 8.49 | 0.8 | 375 | 0 | 196 |
| Hamburger with 1/4 Lb Meat on Bun<br>1 (1/4 lb) hamburger | 459 | 23.18 | 8.676 | 31.71 | 1.4 | 4.01 | 28.47 | 613 | 81 | 312 |
| Total | 1227 | 64.32 | 27.409 | 125.31 | 4.8 | 26.59 | 39.69 | 1597 | 195 | 766 |
| **Dinner** | | | | | | | | | | |
| Smucker's Uncrustables Peanut Butter & Grape Jelly Sandwich (58g)<br>1 sandwich, 58 g | 210 | 9 | 2 | 28 | 2 | 9 | 6 | 240 | 0 | |

## Saturday, July 4, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Total | 1877 | 90.32 | 36.409 | 213.31 | 19.8 | 48.59 | 64.69 | 2677 | 455 | 766 |