

Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
2 large										
Bullet Proof Coffee	763	87.15	66.29	0.04	0	0.04	0.88	13	104	
2 cups										
Total	917	97.72	69.544	1.16	0	1.16	13.41	291	526	126
Lunch										
Roasted Broiled or Baked Chicken Drumstick	86	4.42	1.21	0	0	0	10.72	165	36	91
1 small (yield after cooking, bone removed)										
Roasted Broiled or Baked Chicken Thigh	135	8.45	2.362	0	0	0	13.67	223	51	121
1 small (yield after cooking, bone removed)										
Red Cabbage	28	0.14	0.03	6.56	1.9	3.48	1.27	24	0	216
1 cup chopped										
Mayonnaise	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1
1/2 tbsp										
Total	278	15.46	3.962	8.32	1.9	3.95	25.73	464	89	429
Dinner										
Stuffed Pepper with Meat	270	21.19	7.583	6.24	1.6	2.41	14.05	517	48	298
1/2 pepper with filling										
Sour Cream	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
1 tbsp										
Total	301	24.21	9.462	6.85	1.6	2.43	14.51	525	54	319
Snacks/Other										
Coffee	2	0.04	0.004	0.07	0	0	0.21	4	0	83

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1 coffee cup (6 fl oz)										
Laughing Cow Original Creamy Swiss Cheese	50	4	2.5	1	0	1	2	210	10	0
1 wedge, 21 g										
Great Value French Vanilla Coffee Creamer	30	1	0	5	0	5	0	0	0	35
1 tbsp, 15 ml										
Total	82	5.04	2.504	6.07	0	6	2.21	214	10	118
Total	1578	142.43	85.472	22.4	3.5	13.54	55.86	1494	679	992