

**Thursday, October 5, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
2% Fat Milk 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Kroger Stevia Baking Blend 1 tsp, 0.5 g	0	0	0	0.5	0	0.5	0	0	0	0
Bacon (Cured, Pan-Fried, Cooked) 1 slice cooked	42	3.18	1.05	0.12	0	0	3.03	192	9	47
<b>Total</b>	<b>221</b>	<b>14.37</b>	<b>4.921</b>	<b>4.33</b>	<b>0</b>	<b>4.36</b>	<b>17.9</b>	<b>362</b>	<b>437</b>	<b>384</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>221</b>	<b>14.37</b>	<b>4.921</b>	<b>4.33</b>	<b>0</b>	<b>4.36</b>	<b>17.9</b>	<b>362</b>	<b>437</b>	<b>384</b>