

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	221	14.37	4.921	4.33	0	4.36	17.9	362	437	384
Lunch										
Dinner										
Snacks/Other										
Total	221	14.37	4.921	4.33	0	4.36	17.9	362	437	384