

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 |