Friday, June 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jimmy Dean Sausage, Egg & Cheese Croissant 1 sandwich, 128 g	390	26	11	27	2	5	14	230	130	
L'oven Fresh Cinnamon Raisin Bagel 1 bagel, 94 g	240	2	0	52	2	11	8	360	0	
Best Choice Original Cream Cheese 1 oz, 28 g	90	9	6	2	0	2	2	95	30	0
Total	720	37	17	81	4	18	24	685	160	0
Lunch										
Dinner										
Bar-S Foods Deli Ham 4 x 1 slice, 128 g	160	4	0	4	0	4	20	1640	60	0
Salami 2 slices (4" dia x 1/8" thick)	115	9.25	3.721	1.04	0	0	6.4	490	30	91
Brownberry Steak Rolls 1 roll, 71 g	190	1.5	0	37	1	2	6	490	0	
Great Value Sliced Non-Smoked Provolone Cheese 3 x 1 slice, 57 g	210	15	9	0	0	0	15	510	45	75
Great Value Sliced Mild Cheddar Cheese 1 slice, 19 g	80	6	3.5	0	0	0	5	120	20	20
Arby's Horsey Sauce 1/2 x 1 serving, 7 ml	25	2.5	0.25	1.5	0	1	0	80	2.5	
Granny Goose Potato Chips 2 x 24 chips , 2 oz	320	20	5	30	2	2	4	280	0	580

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1100	58.25	21.471	73.54	3	9	56.4	3610	157.5	766
Snacks/Other										
Cantaloupe Melons 1 1/2 cups balls	90	0.5	0.135	21.66	2.4	20.87	2.23	42	0	709
Ferrara Pan Boston Baked Beans Candy 11 pieces, 15 g	70	2	0	11	1	9	1	0	0	
Total	160	2.5	0.135	32.66	3.4	29.87	3.23	42	0	709
Total	**1980**	**97.75**	**38.606**	**187.2**	**10.4**	**56.87**	**83.63**	**4337**	**317.5**	**1475**