Monday, May 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Organic Frozen Blueberries 1 cup, 140 g	70	0	0	17	4	12	1	1	0	75
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Banquet Brown 'N Serve Original Sausage Links 100 g	300	26.67	8.34	3.33	0	1.67	11.67	683.47	50.01	
Boiled Egg 2 large	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
Kirkland Signature Vitamin C 1 tablet	0	0		0			0			
Kirkland Signature Vitamin D3 1 softgel (2000 i.u.)	0	0	0	0	0	0	0	0	0	0
Kirkland Signature Daily Multi 1 tablet	0	0	0	0	0	0	0	0	0	80
Total	629	37.63	11.726	48.4	7.1	29.22	26.49	963.47	472.01	703
Lunch										
Dinner										
Olive Garden Spaghetti with Meat Sauce (Lunch) 1 serving	550	21	8	59	6		31	1040		
Olive Garden Garden-fresh Salad with Dressing 1 serving	140	9	1.5	12	2	3	3	740	5	
Olive Garden Breadsticks 3 x 1 breadstick, 144 g	420	7.5	1.5	75	0	0	12	1380	0	

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Kirkland Signature Fish Oil Omega 3	10	1	0.5	0	0	0	0	0	10	
1 softgel										
Total	1120	38.5	11.5	146	8	3	46	3160	15	
Snacks/Other										
Kirkland Signature Krill Oil	5	0.5	0	0			0	0	12	0
1 softgel, 0.5 g										
Kirkland Signature Vitamin E 400 I.U.	0	0	0	0			0			
1 softgel										
Total	5	0.5	0	0			0	0	12	0
Total	1754	76.63	23.226	194.4	15.1	32.22	72.49	4123.47	499.01	703