Thursday, January 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pathmark Glazed Donuts 3.15 x 1 donut	819	44.1	12.6	97.65	3.15	34.65	9.45	787.5	0	
Lunch										
Boar's Head Oven Roasted Turkey Breast 1 3/4 x 2 oz, 98 g	105	2.62	0	0	0	0	21	630	61.25	
Trader Joe's Jarlsberg Cheese 109 g	390	31.2	19.5	0	0	0	27.3	702	78	
Boar's Head Tavern Ham 1 1/2 x 2 oz, 84 g	90	2.25	0.75	3	0	3	15	810	45	240
Publix New York Style Potato Salad 135 g	318	25.06	3.86	20.24	1.93	0.96	1.93	404.88	19.28	
Rouses Italian Olive Salad 120 g	336	28.8	4.8	24	0	0	0	1392	0	
Rouses Italian Olive Salad 2 x 1 tbsp, 50 g	140	12	2	10	0	0	0	580	0	
Publix New York Style Potato Salad 150 g	353	27.85	4.28	22.49	2.14	1.07	2.14	449.82	21.42	
Boar's Head Tavern Ham 1 1/2 x 2 oz, 84 g	90	2.25	0.75	3	0	3	15	810	45	240
Trader Joe's Jarlsberg Cheese 45 g	160	12.8	8	0	0	0	11.2	288	32	
Rye Bread 2.1 oz	154	1.96	0.373	28.76	3.5	2.29	5.06	393	0	99
Total	**2136**	**146.79**	**44.313**	**111.49**	**7.57**	**10.32**	**98.63**	**6459.7**	**301.95**	**579**

Thursday, January 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Total	**2955**	**190.89**	**56.913**	**209.14**	**10.72**	**44.97**	**108.08**	**7247.2**	**301.95**	**579**