# Friday, August 11, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Coffee (Brewed From Grounds)<br>3 cups (8 fl oz) | 7 | 0.14 | 0.014 | 0 | 0 | 0 | 0.85 | 14 | 0 | 348 |
| Heavy Cream<br>3 tbsps | 154 | 16.54 | 10.295 | 1.25 | 0 | 0.05 | 0.92 | 17 | 61 | 34 |
| HK Fudge Stripe Cookies<br>7 x 1 cookie (1/36 recipe), 105 g | 560 | 59.5 | 30.1 | 14 | 8.4 | 0 | 9.8 | 791 | 140 | 273 |
| Total | 721 | 76.18 | 40.409 | 15.25 | 8.4 | 0.05 | 11.57 | 822 | 201 | 655 |
| **Lunch** | | | | | | | | | | |
| Subway Tuna Salad<br>1/2 x 1 serving, 181 g | 240 | 12 | | 0 | 0 | 0 | 5 | 300 | 0 | |
| Cheddar Cheese<br>1/2 oz | 57 | 4.7 | 2.99 | 0.18 | 0 | 0.07 | 3.53 | 88 | 15 | 14 |
| Athenos Feta Cheese<br>1/4 cup, 28 g | 70 | 6 | 3.5 | 1 | 0 | 0 | 5 | 330 | 20 | |
| Kraft Chunky Blue Cheese Dressing<br>2 x 2 tbsp, 58 g | 240 | 24 | 4 | 4 | 0 | 2 | 2 | 640 | 10 | |
| Total | 607 | 46.7 | 10.49 | 5.18 | 0 | 2.07 | 15.53 | 1358 | 45 | 14 |
| **Dinner** | | | | | | | | | | |
| Coconut Toasties Cereal<br>1/2 c (1/12 recipe) | 272 | 26.1 | | 8.3 | 5.3 | 2.3 | 5.6 | 3 | 0 | 241 |
| Dark Chocolate Premium Baking Chips<br>2 x 1 Tablespooon (60 chips), 28 g | 100 | 9 | | 18 | 14 | 2 | 2 | 0 | 0 | |
| Butter (Salted)<br>1 tbsp | 102 | 11.52 | 7.294 | 0.01 | 0 | 0.01 | 0.12 | 82 | 31 | 3 |

## Friday, August 11, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Egg<br>1 large | 74 | 4.97 | 1.55 | 0.38 | 0 | 0.38 | 6.29 | 70 | 212 | 67 |
| Cheddar Cheese<br>2 slices (1 oz) | 226 | 18.56 | 11.812 | 0.72 | 0 | 0.29 | 13.94 | 348 | 59 | 55 |
| HK Sandwich Wrap<br>1/6 recipe, 31 g | 147 | 10.4 | | 16.6 | 12.7 | 0.7 | 1.3 | 145 | 0 | |
| Total | 921 | 80.55 | 20.656 | 44.01 | 32 | 5.68 | 29.25 | 648 | 302 | 366 |
| **Snacks/Other** | | | | | | | | | | |
| Fresh Express Baby Spinach<br>28 g | 6 | 0.1 | 0 | 0.98 | 0.59 | 0.2 | 0.79 | 21.67 | 0 | |
| Kroger Sliced Mushrooms<br>56 g | 14 | 0 | 0 | 1.87 | 0.93 | 0.47 | 1.4 | 149.44 | 0 | |
| Sweet Red Peppers<br>1/4 cup sliced | 6 | 0.07 | 0.014 | 1.39 | 0.5 | 0.97 | 0.23 | 0 | 0 | 49 |
| Kroger Sliced Mushrooms<br>1/2 x 1/2 cup, 60 g | 15 | 0 | 0 | 2 | 1 | 0.5 | 1.5 | 160 | 0 | |
| Zucchini<br>1/4 cup chopped | 5 | 0.06 | 0.011 | 1.04 | 0.3 | 0.54 | 0.38 | 3 | 0 | 81 |
| Brussels Sprouts<br>1 cup | 38 | 0.26 | 0.055 | 7.88 | 3.3 | 1.94 | 2.97 | 22 | 0 | 342 |
| Cauliflower<br>1 cup | 25 | 0.1 | 0.032 | 5.3 | 2.5 | 2.4 | 1.98 | 30 | 0 | 303 |
| Total | 109 | 0.59 | 0.112 | 20.46 | 9.12 | 7.02 | 9.25 | 386.11 | 0 | 775 |
| **Total** | **2358** | **204.02** | **71.667** | **84.9** | **49.52** | **14.82** | **65.6** | **3214.11** | **548** | **1810** |