Wednesday, November 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg cups 2 servings	219	16.66	6.458	0.76	0	0.49	15.9	526	283	174
Splenda No Calorie Sweetener Packets 2 x 1 packet, 2 g	8	0		1.8	0	0	0	0	0	
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
LouAna Pure Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	0
Great Value Heavy Whipping Cream Ultra Pasteurized 1 tbsp, 15 ml	50	5	3	1	0	0	0	5	20	15
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	504	47.27	28.761	3.76	0	0.5	16.59	542	334	415
Lunch										
Garlic spaghetti squash 1 serving	247	19.55	9.571	6.09	1.1	1.93	12.73	439	69	233
Dinner										
Creamy spicy chicken casserole 1 serving	584	34.27	19.921	3.15	0	0.78	63.51	494	232	78
American Value Green Beans (Canned) 1/2 cup, 120 g	20	0		4	2	2	0.5	400	0	
Total	604	34.27	19.921	7.15	2	2.78	64.01	894	232	78

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Snacks/Other										
Old Wisconsin Turkey Sausage Snack Sticks (14g)	70	5	1	0	0	0	6	280	20	
2 x 1 stick, 28 g										
Emerald Dry Roasted Almonds 100 Calorie Pack	100	9	0.5	3	2	1	4	150	0	125
1 package, 18 g										
Land O'Lakes Snack 'n Cheese To-Go Mild Cheddar	180	14	9	0	0	0	10	280	40	
2 x 1 portion, 42 g										
Total	350	28	10.5	3	2	1	20	710	60	125
Total	**1705**	**129.09**	**68.753**	**20**	**5.1**	**6.21**	**113.33**	**2585**	**695**	**851**