

## Sunday, August 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
Egg Beaters Egg Beaters - Original 88 g	48	0	0	1.44	0	0	8.66	173.16	0	134.2
Thomas' Bagel Thins - Everything 1 bagel, 46 g	110	1	0	24	5	3	5	190	0	
Cake Batter 2 tbsps	86	2.51	0.43	14.72	0.2	8.18	1.24	128	14	20
<b>Total</b>	<b>379</b>	<b>15.3</b>	<b>5.846</b>	<b>41.41</b>	<b>5.4</b>	<b>11.28</b>	<b>21.57</b>	<b>690.9</b>	<b>38.29</b>	<b>178.2</b>
<b>Lunch</b>										
Market Pantry Deli Swiss Cheese Slices 1 slice, 19 g	70	6	4	0	0	0	5	35	20	
White Bread 38 g	101	1.25	0.272	19.23	0.9	1.64	2.9	259	0	38
<b>Total</b>	<b>171</b>	<b>7.25</b>	<b>4.272</b>	<b>19.23</b>	<b>0.9</b>	<b>1.64</b>	<b>7.9</b>	<b>294</b>	<b>20</b>	<b>38</b>
<b>Dinner</b>										
Beef Steak 8 1/2 oz boneless, cooked	607	36.17	14.162	0	0	0	65.76	899	198	735
Roasted Potato (Fat Added in Cooking) 1 1/4 cups	237	11.11	1.429	31.85	4	1.43	3.68	160	0	767

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T. Marzetti Simply Dressed Avocado Ranch 2 tbsp, 30 g	120	13	1	1	0	1	0	190	5	
Cooked Asparagus (Fat Added in Cooking) 1/2 cup	36	2.04	0.41	3.73	1.8	1.17	2.16	214	0	202
<b>Total</b>	<b>1000</b>	<b>62.32</b>	<b>17.001</b>	<b>36.58</b>	<b>5.8</b>	<b>3.6</b>	<b>71.6</b>	<b>1463</b>	<b>203</b>	<b>1704</b>
<b>Snacks/Other</b>										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Gatorade G2 Thirst Quencher - Orange 1 serving, 12 oz	80	0	0	21	0	21	0	160	0	45
Pineapple 125 g	60	0.15	0.011	15.79	1.8	11.58	0.68	1	0	144
<b>Total</b>	<b>310</b>	<b>9.15</b>	<b>3.011</b>	<b>60.79</b>	<b>5.8</b>	<b>46.58</b>	<b>3.68</b>	<b>181</b>	<b>0</b>	<b>339</b>
<b>Total</b>	<b>1860</b>	<b>94.02</b>	<b>30.13</b>	<b>158.01</b>	<b>17.9</b>	<b>63.1</b>	<b>104.75</b>	<b>2628.9</b>	<b>261.29</b>	<b>2259.2</b>