

## Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Boiled Egg	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
2 large										
Thomas' Bagel Thins - Everything	110	1	0	24	5	3	5	190	0	
1 bagel, 46 g										
I Can't Believe It's Not Butter! Light Vegetable Oil Spread	29	2.86	0.71	0	0	0	0	57.12	0	
10 g										
<b>Total</b>	<b>293</b>	<b>14.43</b>	<b>3.964</b>	<b>25.12</b>	<b>5</b>	<b>4.12</b>	<b>17.53</b>	<b>525.12</b>	<b>422</b>	<b>126</b>
<b>Lunch</b>										
Starbucks Smoked Turkey & Swiss Sandwich	278	9	4.5	33	3.75	11.25	18.75	705	45	
3/4 x 1 serving, 204 g										
Tomato Bisque	149	4.7	2.636	22.32	1.5	16.61	5.97	738	12	
1 cup										
<b>Total</b>	<b>427</b>	<b>13.7</b>	<b>7.136</b>	<b>55.32</b>	<b>5.25</b>	<b>27.86</b>	<b>24.72</b>	<b>1443</b>	<b>57</b>	
<b>Dinner</b>										
Barilla Angel Hair Pasta	286	1.43	0	60.02	2.86	1.43	10	0	0	0
80 g										
Buitoni Pesto with Basil	280	26	5	6	1	3	6	350	15	
1/4 cup, 62 g										
Parmesan Cheese (Grated)	65	4.29	2.595	0.61	0	0.14	5.77	229	13	19
15 g										
<b>Total</b>	<b>631</b>	<b>31.72</b>	<b>7.595</b>	<b>66.63</b>	<b>3.86</b>	<b>4.57</b>	<b>21.77</b>	<b>579</b>	<b>28</b>	<b>19</b>
<b>Snacks/Other</b>										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148

**Monday, August 7, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 medium (2-3/4" dia) (approx 3 per lb)										
The Snack Factory Pretzel Crisps - Garlic Parmesan	55	0.75	0	11	0.5	1	1.5	205	0	
1/2 x 10 crisps, 14 g										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Dove Dark Chocolate Miniatures	50	3	1.75	5.5	0.75	4.25	0.5	0	1.25	
1/4 x 5 pieces										
Halo Top Creamery Peanut Butter Cup Ice Cream	34	1.29	0.43	6.01	1.29	2.57	2.14	72.93	17.16	0
30 g										
<b>Total</b>	<b>381</b>	<b>14.27</b>	<b>5.219</b>	<b>65.57</b>	<b>9.84</b>	<b>36.16</b>	<b>7.5</b>	<b>298.93</b>	<b>18.41</b>	<b>298</b>
<b>Total</b>	<b>1732</b>	<b>74.12</b>	<b>23.914</b>	<b>212.64</b>	<b>23.95</b>	<b>72.71</b>	<b>71.52</b>	<b>2846.05</b>	<b>525.41</b>	<b>443</b>