

Wednesday, August 16, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| Pesto Sauce 12 g | 64 | 6 | 1.556 | 0.61 | 0.2 | 0.1 | 2.17 | 84 | 5 | 24 |
| Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g | 50 | 1.5 | 0 | 16 | 11 | 0 | 4 | 330 | 0 | |
| American Heritage Cheddar Shredded Cheese 20 g | 79 | 6.43 | 4.28 | 0.71 | 0 | 0 | 5 | 128.52 | 21.42 | |
| Egg Beaters Egg Beaters - Original 56 g | 30 | 0 | 0 | 0.92 | 0 | 0 | 5.51 | 110.16 | 0 | 85.37 |
| Total | 223 | 13.93 | 5.836 | 18.24 | 11.2 | 0.1 | 16.68 | 652.68 | 26.42 | 109.37 |
| Lunch | | | | | | | | | | |
| Publix Pubix Quinoa Cranberry Spinach Salad 280 g | 498 | 16.8 | 2.8 | 67.2 | 22.4 | 25.2 | 22.4 | 683.2 | 8.4 | |
| Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g | 50 | 1.5 | 0 | 16 | 11 | 0 | 4 | 330 | 0 | |
| Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz | 140 | 8 | 0.5 | 17 | 0 | 0 | 2 | 150 | 0 | |
| Total | 688 | 26.3 | 3.3 | 100.2 | 33.4 | 25.2 | 28.4 | 1163.2 | 8.4 | |
| Dinner | | | | | | | | | | |
| Chicken Breast 9 oz boneless, cooked | 498 | 19.7 | 5.541 | 0 | 0 | 0 | 75.4 | 1003 | 212 | 620 |
| Kikkoman Teriyaki Sauce 3 x 1 tbsp, 54 g | 90 | 0 | | 18 | | 18 | 3 | 1350 | | |

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|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Total | 588 | 19.7 | 5.541 | 18 | 0 | 18 | 78.4 | 2353 | 212 | 620 |
| Snacks/Other | | | | | | | | | | |
| Fruit Salad 220 g | 125 | 1.88 | 1.423 | 28.94 | 3.9 | 23.69 | 1.47 | 12 | 0 | |
| Dove Dark Chocolate Miniatures 0.4 x 5 pieces | 80 | 4.8 | 2.8 | 8.8 | 1.2 | 6.8 | 0.8 | 0 | 2 | |
| Northland Cranberry Raspberry 100% Juice 8 fl oz, 240 ml | 140 | 0 | | 34 | 0 | 30 | 0 | 35 | 0 | 180 |
| Total | 345 | 6.68 | 4.223 | 71.74 | 5.1 | 60.49 | 2.27 | 47 | 2 | 180 |
| Total | 1844 | 66.61 | 18.9 | 208.18 | 49.7 | 103.79 | 125.75 | 4215.88 | 248.82 | 909.37 |