

## Wednesday, August 16, 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
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
<b>Total</b>	<b>223</b>	<b>13.93</b>	<b>5.836</b>	<b>18.24</b>	<b>11.2</b>	<b>0.1</b>	<b>16.68</b>	<b>652.68</b>	<b>26.42</b>	<b>109.37</b>
<b>Lunch</b>										
Publix Publix 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	
<b>Total</b>	<b>688</b>	<b>26.3</b>	<b>3.3</b>	<b>100.2</b>	<b>33.4</b>	<b>25.2</b>	<b>28.4</b>	<b>1163.2</b>	<b>8.4</b>	
<b>Dinner</b>										
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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<b>Total</b>	<b>588</b>	<b>19.7</b>	<b>5.541</b>	<b>18</b>	<b>0</b>	<b>18</b>	<b>78.4</b>	<b>2353</b>	<b>212</b>	<b>620</b>
<b>Snacks/Other</b>										
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
<b>Total</b>	<b>345</b>	<b>6.68</b>	<b>4.223</b>	<b>71.74</b>	<b>5.1</b>	<b>60.49</b>	<b>2.27</b>	<b>47</b>	<b>2</b>	<b>180</b>
<b>Total</b>	<b>1844</b>	<b>66.61</b>	<b>18.9</b>	<b>208.18</b>	<b>49.7</b>	<b>103.79</b>	<b>125.75</b>	<b>4215.88</b>	<b>248.82</b>	<b>909.37</b>