

Wednesday, August 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Everything Bagel	280	3	0.5	52	2	7	9	410	0	
1 bagel, 95 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										
Total	309	5.86	1.21	52	2	7	9	467.12	0	
Lunch										
White Bread	231	2.86	0.624	44.03	2.1	3.75	6.65	592	0	87
87 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
16 g										
Smucker's Natural Red Raspberry Fruit Spread	29	0		8.11		7.37	0	0		
14 g										
Lay's Wavy Original Potato Chips	126	7.86	1.18	11.79	0.79	0.79	1.57	110.04	0	267.24
22 g										
Total	480	18.78	3.451	67.06	3.89	13.39	12.23	775.04	0	458.24
Dinner										
Olive Garden Breadsticks	140	2.5	0.5	25	0	0	4	460	0	
1 breadstick										
Olive Garden Chicken Margherita	590	32	11	9	3	4	69	1100	230	
1 serving										
Olive Garden Garden-fresh Salad with Dressing	140	9	1.5	12	2	3	3	740	5	
1 serving										
Total	870	43.5	13	46	5	7	76	2300	235	

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Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Halo Top Creamery Birthday Cake Ice Cream 1/2 cup, 74 g	70	2	1	15	5	5	6	115	41	
Total	240	11	4	39	9	19	9	135	41	150
Total	1899	79.14	21.661	204.06	19.89	46.39	106.23	3677.16	276	608.24