

## Wednesday, August 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>309</b>	<b>5.86</b>	<b>1.21</b>	<b>52</b>	<b>2</b>	<b>7</b>	<b>9</b>	<b>467.12</b>	<b>0</b>	
<b>Lunch</b>										
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										
<b>Total</b>	<b>480</b>	<b>18.78</b>	<b>3.451</b>	<b>67.06</b>	<b>3.89</b>	<b>13.39</b>	<b>12.23</b>	<b>775.04</b>	<b>0</b>	<b>458.24</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>870</b>	<b>43.5</b>	<b>13</b>	<b>46</b>	<b>5</b>	<b>7</b>	<b>76</b>	<b>2300</b>	<b>235</b>	

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	<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)
<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
Halo Top Creamery Birthday Cake Ice Cream 1/2 cup, 74 g	70	2	1	15	5	5	6	115	41	
<b>Total</b>	<b>240</b>	<b>11</b>	<b>4</b>	<b>39</b>	<b>9</b>	<b>19</b>	<b>9</b>	<b>135</b>	<b>41</b>	<b>150</b>
<b>Total</b>	<b>1899</b>	<b>79.14</b>	<b>21.661</b>	<b>204.06</b>	<b>19.89</b>	<b>46.39</b>	<b>106.23</b>	<b>3677.16</b>	<b>276</b>	<b>608.24</b>