Tuesday, March 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pesto Sauce	69	6.51	1.686	0.66	0.2	0.11	2.35	91	5	26
13 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Egg Beaters Egg Beaters - Original	37	0	0	0	0	0	7.39	133.02	0	103.46
68 g										
Kraft Finely Shredded Mild Cheddar Cheese	82	6.75	4.5	0.75	0	0	4.5	135	18.75	
3/4 x 1/4 cup, 21 g										
Total	238	14.76	6.186	17.41	11.2	0.11	18.24	689.02	23.75	129.46
Lunch										
Publix Savory Tarragon Chicken Breast Salad	347	28.56	4.08	2.04	1.02	1.02	16.32	510	56.1	
102 g										
Lay's Kettle Cooked Original Extra Crunchy Potato Chips	257	14.46	2.41	25.71	1.61	1.61	3.21	144.63	0	594.59
45 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Total	654	44.52	6.49	43.75	13.63	2.63	23.53	984.63	56.1	594.59
Dinner										
Snacks/Other										
Total	**892**	**59.28**	**12.676**	**61.16**	**24.83**	**2.74**	**41.77**	**1673.65**	**79.85**	**724.05**