

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel 77 g	198	1.25	0.303	38.88	1.7	3.89	7.72	345	0	58
Egg Beaters Egg Beaters - Original 80 g	43	0	0	1.31	0	0	7.87	157.32	0	121.92
American Heritage Cheddar Shredded Cheese 30 g	118	9.64	6.43	1.07	0	0	7.5	192.78	32.13	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Pesto Sauce 20 g	107	10.01	2.594	1.01	0.3	0.16	3.62	140	8	40
Total	516	22.4	9.327	58.27	13	4.05	30.71	1165.1	40.13	219.92
Lunch										
Ham and Cheese Sandwich with Lettuce and Spread 1 sandwich	369	18.07	7.305	31.51	2.2	4.34	19.25	1525	57	313
Potato Chips 130 g	711	48.71	14.248	64.66	5.7	5.36	8.53	682	0	2135
Total	1080	66.78	21.553	96.17	7.9	9.7	27.78	2207	57	2448
Dinner										
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150

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Great Value Chocolate Chip Cookie Dough Ice Cream	195	9.77	6.1	23.2	0	20.76	3.66	67.16	30.52	
83 g										
Northland Cranberry Raspberry 100% Juice	140	0		34	0	30	0	35	0	180
8 fl oz, 240 ml										
Total	505	18.77	9.1	81.2	4	64.76	6.66	122.16	30.52	330
Total	2101	107.95	39.98	235.64	24.9	78.51	65.15	3494.26	127.65	2997.92