

Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters Egg Beaters - Original	30	0	0	0.92	0	0	5.51	110.16	0	85.37
56 g										
American Heritage Cheddar Shredded Cheese	79	6.43	4.28	0.71	0	0	5	128.52	21.42	
20 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Pesto Sauce	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
12 g										
Total	223	13.93	5.836	18.24	11.2	0.1	16.68	652.68	26.42	109.37
Lunch										
Cafe Zupas Pesto Chicken Panini	510	20		51	3	1	33	1350	60	
1 sandwich										
Potato Chips	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
1 single serving bag										
Total	663	30.49	3.069	64.93	4.2	2.15	34.84	1497	60	460
Dinner										
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Betty Crocker Cinnamon Streusel Premium Muffin & Quick Bread Mix	475	6.6	2.64	68.61	0	36.95	2.64	501.41	0	131.95

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95 g										
Total	645	15.6	5.64	92.61	4	50.95	5.64	521.41	0	281.95
Total	1531	60.02	14.545	175.78	19.4	53.2	57.16	2671.09	86.42	851.32