

## Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Butter 7 g	50	5.68	3.596	0	0	0	0.06	1	15	2
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
Egg Beaters Egg Beaters - Original 64 g	35	0	0	1.05	0	0	6.29	125.88	0	97.56
Bagel 77 g	198	1.25	0.303	38.88	1.7	3.89	7.72	345	0	58
<b>Total</b>	<b>418</b>	<b>18.72</b>	<b>9.315</b>	<b>41.18</b>	<b>1.9</b>	<b>3.99</b>	<b>20.74</b>	<b>671.62</b>	<b>39.29</b>	<b>181.56</b>
<b>Lunch</b>										
Publix Savory Tarragon Chicken Breast Salad 108 g	367	30.24	4.32	2.16	1.08	1.08	17.28	540	59.4	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz	140	8	0.5	17	0	0	2	150	0	
<b>Total</b>	<b>557</b>	<b>39.74</b>	<b>4.82</b>	<b>35.16</b>	<b>12.08</b>	<b>1.08</b>	<b>23.28</b>	<b>1020</b>	<b>59.4</b>	
<b>Dinner</b>										
Butter 17 g	122	13.79	8.733	0.01	0	0.01	0.14	2	37	4
Bagel	386	2.43	0.59	75.75	3.3	7.58	15.03	672	0	112

## Monday, August 14, 2017

	<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)
150 g										
Southern Home Swiss Cheese	160	12	8	2	0	0	12	100	40	0
2 x 1 slice, 42 g										
<b>Total</b>	<b>668</b>	<b>28.22</b>	<b>17.323</b>	<b>77.76</b>	<b>3.3</b>	<b>7.59</b>	<b>27.17</b>	<b>774</b>	<b>77</b>	<b>116</b>
<b>Snacks/Other</b>										
Kind Nuts & Spices Dark Chocolate Nuts & Sea Salt	200	15	3.5	16	7	5	6	125	0	210
1 bar, 40 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Dove Dark Chocolate Miniatures	120	7.2	4.2	13.2	1.8	10.2	1.2	0	3	
0.6 x 5 pieces										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Chocolate Chip Cookie	68	3.46	1.073	8.97	0.4	4.81	0.77	42	0	21
1 large										
<b>Total</b>	<b>668</b>	<b>35.02</b>	<b>11.832</b>	<b>91.45</b>	<b>18.3</b>	<b>56.04</b>	<b>11.52</b>	<b>189</b>	<b>3</b>	<b>608</b>
<b>Total</b>	<b>2311</b>	<b>121.7</b>	<b>43.29</b>	<b>245.55</b>	<b>35.58</b>	<b>68.7</b>	<b>82.71</b>	<b>2654.62</b>	<b>178.69</b>	<b>905.56</b>