

## Saturday, August 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Pesto Sauce	80	7.51	1.945	0.76	0.2	0.12	2.71	105	6	30
15 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
American Heritage Cheddar Shredded Cheese	75	6.11	4.07	0.68	0	0	4.75	122.22	20.37	
19 g										
Egg Beaters Egg Beaters - Original	35	0	0	1.05	0	0	6.29	125.88	0	97.56
64 g										
<b>Total</b>	<b>240</b>	<b>15.12</b>	<b>6.015</b>	<b>18.49</b>	<b>11.2</b>	<b>0.12</b>	<b>17.75</b>	<b>683.1</b>	<b>26.37</b>	<b>127.56</b>
<b>Lunch</b>										
Publix Italian Sub	88	5.08		11	1.25	2	6.5	375	12.5	
1/4 x 6" sub										
Cheetos Crunchy Cheetos	95	6.36	0.95	8.27	0.64	0.64	1.27	159	0	
18 g										
Chocolate Chip Cookie	171	8.66	2.683	22.42	1	12.02	1.92	104	0	52
35 g										
<b>Total</b>	<b>354</b>	<b>20.1</b>	<b>3.633</b>	<b>41.69</b>	<b>2.89</b>	<b>14.66</b>	<b>9.69</b>	<b>638</b>	<b>12.5</b>	<b>52</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>594</b>	<b>35.22</b>	<b>9.648</b>	<b>60.18</b>	<b>14.09</b>	<b>14.78</b>	<b>27.44</b>	<b>1321.1</b>	<b>38.87</b>	<b>179.56</b>