

Saturday, August 19, 2017

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