

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	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										
Total	240	15.12	6.015	18.49	11.2	0.12	17.75	683.1	26.37	127.56
Lunch										
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										
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