Monday, October 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Ham, Egg & Cheese Breakfast Power Sandwich 1 sandwich	350	15	7	31	4		16	920	220	
Lunch										
Smoothie King Skinny High Protein Smoothie - Chocolate (32 oz) 1 smoothie, 32 oz	549	13.5		63			45			
Dinner										
Ground Beef (Cooked) 2 cups cooked	679	45.71	17.691	0	0	0	62.36	984	216	706
Snacks/Other										
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Total	**1650**	**74.44**	**24.73**	**113.06**	**7.3**	**14.34**	**123.72**	**1905**	**436**	**706**