Friday, January 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wendy's Mornin' Melt Panini	540	35		33			30			
1 sandwich										
Premier Protein Fruit Smoothie	140	2	0	16	5	10	15	180		160
1 cup, 244 ml										
Total	680	37	0	49	5	10	45	180		160
Lunch										
Lay's Classic Potato Chips (28.3g)	160	10	1.5	15	1	1	2	170	0	350
1 package, 28.3 g										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Vinaigrette Dressing	86	8.34	1.315	3.07	0	2.45	0.11	486	0	
2 tbsps										
Cheddar Cheese	56	4.64	2.953	0.18	0	0.07	3.49	87	15	14
1/2 slice (1 oz)										
Turkey Breast Meat	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
4 oz										
Ralphs Grilled Veggie Wrap	205	8.5	4	34	4	2	7	400	10	
1/2 x 1 wrap, 133.5 g										
Total	634	33.49	10.333	58.78	6.7	9.98	32.8	2310	74	866
Dinner										
Snacks/Other										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										

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Total	1386	70.72	10.372	126.84	15	34.32	78.16	2491	74	1174