Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Skippy Extra Crunchy Natural Peanut Butter with Honey	100	8	1.75	4.5	1	2.5	3	55	0	
1/2 x 2 tbsp, 16 g										
Johnsonville Vermont Maple Syrup Breakfast Sausage (Patties)	200	16	6	0	0	0	10	500	40	
2 x 1 skillet-cooked patty (32)										
Fiber One 90 Calorie Lemon Bar	90	3	1.5	18	5	8	1	80	0	0
1 bar, 25 g										
Lender's Very Berry Bagel	110	0.75	0	21.5	1	6	3.5	90	0	
1/2 x 1 bagel, 40.5 g										
Member's Mark Deli Sliced Mild Cheddar Cheese	80	7	4	0	0	0	5	135	20	
1 slice, 22 g										
Land O'Lakes Omega-3 All Natural Eggs	105	6.75	2.25	1.5	0	0	9	97.5	322.5	
1 1/2 x 1 egg, 75 g										
Total	685	41.5	15.5	45.5	7	16.5	31.5	957.5	382.5	0
Lunch										
Sun Chips Harvest Cheddar (Package)	210	9	1	27	4	4	4	220	0	
1 package, 42.5 g										
Subway 6" Carved Turkey	330	5	1	45	5	7	25	890	45	
1 sandwich , 247 g										
Total	540	14	2	72	9	11	29	1110	45	
Dinner										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Pumpkin Pie 1 piece (1/8 9" dia)	316	14.42	4.915	40.92			6.98	349	65	288
Total	**1541**	**69.92**	**22.415**	**158.42**	**16**	**27.5**	**67.48**	**2416.5**	**492.5**	**288**