# Friday, April 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Isernio's Breakfast Chicken Sausage<br>2 1/2 oz, 71 g | 80 | 2.5 | 0.5 | 0 | 0 | 0 | 13 | 520 | 55 | |
| Sargento Ultra Thin Sliced Swiss Cheese<br>1/3 x 3 slices, 11 g | 40 | 2.97 | 1.65 | 0.33 | 0 | 0 | 2.97 | 21.45 | 9.9 | |
| Thomas' Everything Bagel<br>1 bagel, 95 g | 280 | 3 | 0.5 | 52 | 2 | 7 | 9 | 410 | 0 | |
| Total | 400 | 8.47 | 2.65 | 52.33 | 2 | 7 | 24.97 | 951.45 | 64.9 | |
| **Lunch** | | | | | | | | | | |
| House Salad<br>1 cup | 70 | 3.64 | 0.628 | 8.72 | 2 | 3.59 | 1.53 | 153 | 0 | |
| Potato French Fries<br>1 order | 156 | 8.01 | 1.869 | 20.33 | 1.9 | 0.33 | 1.98 | 171 | 0 | 300 |
| No Name Chicken Strips<br>2/3 x 3 strips, 63 g | 165 | 9.9 | 2.31 | 11.88 | 0.66 | | 6.6 | 448.8 | 33 | |
| Total | 391 | 21.55 | 4.807 | 40.93 | 4.56 | 3.92 | 10.11 | 772.8 | 33 | 300 |
| **Dinner** | | | | | | | | | | |
| Cabernet Sauvignon Wine<br>12 oz | 286 | 0 | | 8.85 | | | 0.24 | | | |
| Butter<br>1/2 tbsp | 51 | 5.76 | 3.647 | 0 | 0 | 0 | 0.06 | 1 | 15 | 2 |
| Dinner Rolls<br>1/2 roll (pan, dinner, or small roll) (2" square, 2" high) | 42 | 1.02 | 0.245 | 7.06 | 0.4 | 0.37 | 1.18 | 73 | 0 | 19 |
| Trader Joe's Mushroom Risotto<br>2 x 1 cup, 280 g | 300 | 6 | 1 | 56 | 0 | 4 | 6 | 700 | 10 | |

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|---|---|---|---|---|---|---|---|---|---|---|
| Bertucci's Tomato Mozzarella Caprese Salad | 280 | 20 | 13 | 10 | 4 | 0 | 19 | 80 | 0 | |
| 1 serving | | | | | | | | | | |
| Total | 959 | 32.78 | 17.892 | 81.91 | 4.4 | 4.37 | 26.48 | 854 | 25 | 21 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1750 | 62.8 | 25.349 | 175.17 | 10.96 | 15.29 | 61.56 | 2578.25 | 122.9 | 321 |