# Friday, April 3, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Starbucks Bacon, Gouda Cheese & Egg Frittata on Artisan Roll<br>1/2 x 1 sandwich, 58 g | 175 | 9 | 3.5 | 15 | 0 | 0.5 | 8.5 | 420 | 85 | |
| Dunkin' Donuts Coffee with Cream<br>1 serving, 10 oz | 60 | 6 | 4 | 2 | 0 | 0 | 1 | 20 | 20 | |
| Total | 235 | 15 | 7.5 | 17 | 0 | 0.5 | 9.5 | 440 | 105 | |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Wendy's Crispy Chicken Sandwich<br>1 serving | 380 | 20 | 4 | 37 | 2 | 4 | 15 | 720 | 35 | |
| Wendy's French Fries (Medium)<br>1 serving | 410 | 20 | 3.5 | 52 | 5 | 0 | 5 | 440 | 0 | 820 |
| Total | 790 | 40 | 7.5 | 89 | 7 | 4 | 20 | 1160 | 35 | 820 |
| **Snacks/Other** | | | | | | | | | | |
| Lay's Lightly Salted Potato Chips<br>15 chips, 1 oz | 160 | 10 | 1 | 16 | 1 | 0 | 2 | 85 | 0 | 350 |
| Nabisco Nutter Butter Bites<br>10 cookies, 30 g | 150 | 6 | 1.5 | 21 | 1 | 9 | 2 | 120 | 0 | 45 |
| Nestle Drumstick Lil' Drums Ice Cream Cones - Chocolate Fudge Brownie<br>1 cone | 110 | 5 | 3.5 | 16 | 1 | 10 | 1 | 50 | 10 | |

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|---|---|---|---|---|---|---|---|---|---|---|
| Nature Valley Sweet & Salty Granola Bars - Peanut | 170 | 9 | 2.5 | 20 | 2 | 12 | 4 | 140 | 0 | |
| 1 bar, 35 g | | | | | | | | | | |
| Total | 590 | 30 | 8.5 | 73 | 5 | 31 | 9 | 395 | 10 | 395 |
| **Total** | **1615** | **85** | **23.5** | **179** | **12** | **35.5** | **38.5** | **1995** | **150** | **1215** |