Sunday, October 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Planters Lightly Salted Dry Roasted Peanuts	680	56	8	20	8	4	28	320	0	800
4 x 1 oz, 112 g										
Lunch										
Dinner										
Lucerne Shredded Sharp Cheddar Cheese	240	20	10	2	0	0	14	380	60	
2 x 1/4 cup, 60 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Trader Joe's Frozen Chopped Spinach	20	0		2	2	1	2	110	0	
3/4 cup, 85 g										
Butter (Salted)	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
1 tbsp										
Total	582	46.43	21.942	5.17	2	2.17	34.99	782	725	204
Snacks/Other										
Total	**1262**	**102.43**	**29.942**	**25.17**	**10**	**6.17**	**62.99**	**1102**	**725**	**1004**