# Tuesday, November 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Egg<br>2 extra large | 171 | 11.53 | 3.595 | 0.89 | 0 | 0.89 | 14.59 | 162 | 491 | 155 |
| Omaha Steaks Beef Top Sirloin Steak (4 oz)<br>1/2 x 4 oz, 56.5 g | 90 | 6 | 2.5 | 0 | 0 | 0 | 8.5 | 25 | 20 | 0 |
| Total | 261 | 17.53 | 6.095 | 0.89 | 0 | 0.89 | 23.09 | 187 | 511 | 155 |
| **Lunch** | | | | | | | | | | |
| Pasta or Macaroni Salad with Oil and Vinegar-Type Dressing<br>1 cup | 250 | 10.09 | 1.609 | 34.25 | 2.7 | 4.5 | 5.82 | 1179 | 0 | 175 |
| Peas and Carrots<br>1 cup | 109 | 4.36 | 0.815 | 16.22 | 5 | 6.95 | 4.93 | 510 | 0 | 252 |
| Plain or Buttermilk Biscuits<br>1 biscuit (2-1/2" dia) | 212 | 9.78 | 2.594 | 26.76 | 0.9 | 1.31 | 4.2 | 348 | 2 | 73 |
| Creamed Chipped or Dried Beef<br>1 cup | 320 | 19.11 | 5.562 | 18.5 | 0.2 | 11.78 | 18.67 | 1164 | 42 | 428 |
| Total | 891 | 43.34 | 10.58 | 95.73 | 8.8 | 24.54 | 33.62 | 3201 | 44 | 928 |
| **Dinner** | | | | | | | | | | |
| Butter<br>2 tbsps | 204 | 23.04 | 14.589 | 0.02 | 0 | 0.02 | 0.24 | 3 | 61 | 7 |
| Italian Bread<br>2 slices large (4-1/2" x 3-1/4" x 3/4") | 163 | 2.1 | 0.513 | 30 | 1.6 | 0.5 | 5.28 | 350 | 0 | 66 |
| Fettuccine Alfredo<br>1 cup | 415 | 17.18 | 7.387 | 48.19 | 2.7 | 1.04 | 16.27 | 334 | 32 | |
| Green Giant Roasted Veggies Broccoli | 30 | 0 | 0 | 6 | 3 | 1 | 2 | 35 | 0 | |

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|---|---|---|---|---|---|---|---|---|---|---|
| 1 1/4 cup, 85 g | | | | | | | | | | |
| Johnsonville Original Bratwurst | 630 | 54 | 18 | 0 | 0 | 0 | 30 | 1560 | 135 | |
| 3 x 1 grilled link, 246 g | | | | | | | | | | |
| Total | 1442 | 96.32 | 40.489 | 84.21 | 7.3 | 2.56 | 53.79 | 2282 | 228 | 73 |
| **Snacks/Other** | | | | | | | | | | |
| Pringles Sour Cream & Onion Potato Crisps | 450 | 27 | 7.5 | 48 | 3 | 3 | 3 | 480 | 0 | |
| 3 x 14 crisps, 3 oz | | | | | | | | | | |
| Fiber One Chewy Bars - Oats & Chocolate | 140 | 4 | 2 | 29 | 9 | 10 | 2 | 90 | 0 | |
| 1 bar, 40 g | | | | | | | | | | |
| Total | 590 | 31 | 9.5 | 77 | 12 | 13 | 5 | 570 | 0 | |
| **Total** | **3184** | **188.19** | **66.664** | **257.83** | **28.1** | **40.99** | **115.5** | **6240** | **783** | **1156** |