Friday, August 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Cheese	84	6.46	3.986	1.13	0	0.85	5.33	229	20	45
1 slice										
Toasted 100% Whole Wheat Bread	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 regular slice										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Total	305	17.69	7.352	15.01	1.8	3.18	21.2	526	443	473
Lunch										
Taco Bell Crunchy Taco	382	20.25	7.88	29.25	6.75	2.25	18	697.5	56.25	
2 1/4 x 1 serving										
Dinner										
Snacks/Other										
Total	687	37.94	15.232	44.26	8.55	5.43	39.2	1223.5	499.25	473