Sunday, October 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee with Milk 4 coffee cups (6 fl oz)	25	0.59	0.328	3.36	0	0.88	1.3	25	0	
Sunrise Smoked Honey Ham 1/4 x 4 slices, 14 g	18	0.5	0.25	0.5	0	0	2.5	137.5	6.25	
Black Diamond Cheddar Style Slices 1 slice, 19 g	50	3.5	1.5	2		1	4	310	10	
Dempster's 100% Whole Wheat Bread 2 slices, 71 g	180	3	1	32	4	3	6	220	0	160
Fried Egg without Fat 2 large	146	9.87	3.075	0.76	0	0.76	12.48	446	420	133
Total	419	17.46	6.153	38.62	4	5.64	26.28	1138.5	436.25	293
Lunch										
Ham and Cheese Sandwich 1 sandwich	352	15.48	6.437	33.35			20.69	771	58	291
Black Diamond Light Cheddar Cheese Slices 1 slice, 21 g	40	1.5	1	2		2	4	350	5	
Fancy Pokket Corporation Garlic & Herb Panini Flatbread 1 panini	280	4	0.5	50	2	2	8	630	0	
Milk (1% Lowfat with Added Vitamin A) 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Dempster's 100% Whole Wheat Bread 2 x 2 slices, 142 g	360	6	2	64	8	6	12	440	0	320
Kraft Smooth Peanut Butter	90	8	1.5	4	1	1	3	70	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp, 15 g										
Total	**1224**	**37.35**	**12.982**	**165.53**	**11**	**23.69**	**55.91**	**2368**	**75**	**977**
Dinner										
Lay's Wavy Original Chips	280	18	2	27	2	0	3	220	27	
26 chips, 50 g										
Snacks/Other										
Chocolate Cake (with Chocolate Frosting)	235	10.5	3.053	34.94	1.8		2.62	214	27	128
1 piece (1/8 18 oz cake)										
Total	**2158**	**83.31**	**24.188**	**266.09**	**18.8**	**29.33**	**87.81**	**3940.5**	**565.25**	**1398**