

Wednesday, November 8, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|---------------|--------------|--------------|--------------|--------------|----------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| Coffee | 7 | 0.14 | 0.014 | 0.28 | 0 | 0 | 0.85 | 14 | 0 | 334 |
| 3 mugs (8 fl oz) | | | | | | | | | | |
| thinkThin Unwrapped Protein Bites | 42 | 1.75 | 0.62 | 5.75 | 1.25 | 1.75 | 2.5 | 50 | 0 | |
| 1/4 x 8 pieces, 11 g | | | | | | | | | | |
| Atkins French Vanilla Shake | 160 | 9 | 3 | 2 | 1 | 1 | 15 | 200 | 10 | 270 |
| 11 fl oz, 325 ml | | | | | | | | | | |
| Bacon | 216 | 16.71 | 5.496 | 0.57 | 0 | 0 | 14.82 | 924 | 44 | 226 |
| 5 medium slices (yield after cooking) | | | | | | | | | | |
| Fried Egg | 178 | 13.51 | 3.76 | 0.86 | 0 | 0.76 | 12.48 | 477 | 420 | 133 |
| 2 large | | | | | | | | | | |
| Butter | 18 | 2.03 | 1.284 | 0 | 0 | 0 | 0.02 | 0 | 5 | 1 |
| 1/2 pat (1" sq, 1/3" high) | | | | | | | | | | |
| Food For Life Baking Company 7 Sprouted Grains English Muffins | 80 | 1 | 0 | 16 | 3 | 0 | 4 | 120 | 0 | 75 |
| 1/2 muffin, 38 g | | | | | | | | | | |
| Jam Preserves | 55 | 0.03 | 0.002 | 13.99 | 0.1 | 8.95 | 0.11 | 8 | 0 | 16 |
| 1 tbsp | | | | | | | | | | |
| Total | 756 | 44.17 | 14.176 | 39.45 | 5.35 | 12.46 | 49.78 | 1793 | 479 | 1055 |
| Lunch | | | | | | | | | | |
| Old Dutch Original Kettle Chips | 150 | 8 | | 17 | | | 2 | 135 | | |
| 15-20 chips, 1 oz | | | | | | | | | | |
| Panera Bread Chicken Bacon Dijon Sandwich on French Bread | 567 | 26.17 | 10.18 | 45.8 | 1.45 | 11.63 | 38.53 | 1119.58 | 112.68 | |
| 8 oz | | | | | | | | | | |
| Total | 717 | 34.17 | 10.18 | 62.8 | 1.45 | 11.63 | 40.53 | 1254.58 | 112.68 | |

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| Dinner | | | | | | | | | | |
| Anheuser-Busch Busch Light 1 bottle, 12 oz | 95 | 0 | | 3.2 | 0 | | 0.7 | | | |
| Great Value Deli Style Seasoned Potato Wedges 8 pieces, 3 oz | 143 | 6 | 1.5 | 18 | 2 | 1 | 2 | 420 | 0 | 330 |
| Green String Beans 1 cup | 34 | 0.13 | 0.029 | 7.84 | 3.7 | 1.54 | 2 | 7 | 0 | 230 |
| Olive Garden Garden-fresh Salad with Dressing 1 serving | 140 | 9 | 1.5 | 12 | 2 | 3 | 3 | 740 | 5 | |
| Baked or Fried Coated Chicken Breast with Skin 1/2 medium (yield after cooking, bone removed) | 365 | 18.58 | 4.263 | 13.27 | 0.4 | 0.31 | 34.26 | 396 | 102 | 300 |
| Pork Loin (Tenderloin) 8 oz | 308 | 12.27 | 4.241 | 0 | 0 | | 46.58 | 111 | 150 | 814 |
| Cherry Pie 1 piece (1/8 9" dia) | 390 | 16.5 | 3.843 | 59.7 | 1.2 | 21.44 | 3 | 369 | 0 | |
| Vanilla Ice Creams 1/2 cup | 145 | 7.92 | 4.889 | 16.99 | 0.5 | 15.28 | 2.52 | 58 | 32 | 143 |
| Total | 1620 | 70.4 | 20.265 | 131 | 9.8 | 42.57 | 94.06 | 2101 | 289 | 1817 |
| Snacks/Other | | | | | | | | | | |
| Monterey Jack Cheese 4 cracker-size slices | 104 | 8.48 | 5.338 | 0.19 | 0 | 0.14 | 6.85 | 150 | 25 | |
| Signature Select Rice Crackers 16 crackers, 30 g | 130 | 2.5 | | 24 | | | 3 | | | |
| Sam's Choice Nature Trail Mix 1/2 x 1/4 cup, 15 g | 75 | 4.5 | 0.5 | 5.5 | 2.5 | 2.5 | 4 | 32.5 | 0 | 140 |
| Total | 309 | 15.48 | 5.838 | 29.69 | 2.5 | 2.64 | 13.85 | 182.5 | 25 | 140 |

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|--------------|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Total | 3402 | 164.22 | 50.459 | 262.94 | 19.1 | 69.3 | 198.22 | 5331.08 | 905.68 | 3012 |