

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