

## Tuesday, November 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Oatmeal 1 cup cooked	145	2.39	0.421	25.37	3.7	0.56	6.06	278	0	126
Ocean Spray Craisins Dried Cranberries 1/2 x 1/4 cup, 20 g	65	0	0	16.5	1.5	13	0	0	0	0
IHOP Scrambled Egg 1 egg	70	5		1	0	0	7	70	240	
Jimmy Dean Premium Pork Regular Sausage 1/4 x 2 oz cooked, 14 g	45	3.75	1.25	0.25	0	0	2.5	105	11.25	
Grandy's White Gravy 1/2 x 1/4 cup	20	1		2.5			0			
Shoppers Value Mixed Fruit 1/2 x 1/2 cup, 63 g	40	0	0	9	0.5	7.5	0.5	2.5	0	0
Dannon Greek Yogurt - Plain (Container) 1 container, 150 g	80	0	0	6	0	6	15	50	10	160
<b>Total</b>	<b>472</b>	<b>12.28</b>	<b>1.685</b>	<b>60.9</b>	<b>5.7</b>	<b>27.06</b>	<b>31.91</b>	<b>519.5</b>	<b>261.25</b>	<b>620</b>
<b>Lunch</b>										
Utz Pub Mix 32 g	149	5.14	1.14	21.72	2.29	2.29	3.43	377.19	0	
Chicken Stir Fry 1 cup	186	10.07	3.245	6.45	1.3	3.62	17.32	678	154	
365 Organic Asian Stir Fry Vegetables 1 3/4 cups, 227 g	110	1.5	0	17	5	2	7	45	0	

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Fried Rice 1/4 cup	83	3.08	0.563	10.42	0.3	0.38	3.12	205	26	50
Sun Chips Original (Package) 1 package, 1.5 oz	210	10	1	28	4	3	3	180	0	
Luna Luna Bar - Salted Caramel Cashew 1 bar, 42 g	170	8	1.5	21	2	5	6	210	0	100
<b>Total</b>	<b>908</b>	<b>37.79</b>	<b>7.448</b>	<b>104.59</b>	<b>14.89</b>	<b>16.29</b>	<b>39.87</b>	<b>1695.19</b>	<b>180</b>	<b>150</b>

### Dinner

Capital Grille Wedge Salad with Blue Cheese & Bacon 1 salad	560	53	53	12	4	7	13	790	65	
Beef Tenderloin (Lean Only, Trimmed to 1/4" Fat, Prime Grade) 12 oz	575	30.11	12.043	0	0		70.69	184	211	1249
Mashed Potato 1 cup	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
Cooked Brussels Sprouts (Fat Added in Cooking) 1/2 cup	44	2.22	0.425	5.53	2	1.34	1.98	215	0	245
<b>Total</b>	<b>1389</b>	<b>92.76</b>	<b>67.129</b>	<b>50.54</b>	<b>8.7</b>	<b>11.24</b>	<b>89.45</b>	<b>1674</b>	<b>278</b>	<b>2040</b>

### Snacks/Other

NoGii Protein D'lites 1 bar, 28 g	120	4.5	2	13	1	8	7	90	0	
Great Value Mixed Nuts 1/2 x 1/4 cup, 0.5 oz	85	7.5	1.25	2.5	1	0.5	3	42.5	0	95
Spring Valley Omega 3 Fish Oil 2 softgels, 1.2 g	30	2	0.5	0	0	0	1	0	15	

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Spring Valley Glucosamine Chondroitin	11	0	0	2.5			0	160	0	0
2 tablets										
thinkThin Unwrapped Protein Bites - Chocolate Almond Brownie	42	2	0.75	5.25	1.25	1.75	2.5	40	0	
1/4 x 8 pieces, 11 g										
<b>Total</b>	<b>288</b>	<b>16</b>	<b>4.5</b>	<b>23.25</b>	<b>3.25</b>	<b>10.25</b>	<b>13.5</b>	<b>332.5</b>	<b>15</b>	<b>95</b>
<b>Total</b>	<b>3057</b>	<b>158.83</b>	<b>80.762</b>	<b>239.28</b>	<b>32.54</b>	<b>64.84</b>	<b>174.73</b>	<b>4221.19</b>	<b>734.25</b>	<b>2905</b>