

Sunday, November 12, 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)										
Oatmeal	145	2.39	0.421	25.37	3.7	0.56	6.06	278	0	126
1 cup cooked										
Egg Omelet or Scrambled Egg with Peppers, Onion and Ham	363	25.12	7.818	6.07	0.5	4.81	26.45	1090	581	412
3 large										
Total	515	27.65	8.253	31.72	4.2	5.37	33.36	1382	581	872
Lunch										
Potato French Fries	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
1 order										
Fried Battered Catfish	525	36.87	8.07	14.49	0.4	0.89	32.03	229	121	607
12 nuggets										
Lettuce Salad with Cheese, Tomato and/or Carrots	78	5.53	3.472	2.9	0.9	1.62	4.6	119	17	149
1 cup										
Honey Mustard Dressing	50	2.7	0.334	6.96	0.1	6.76	0.15	90	0	10
1 tbsp										
Total	809	53.11	13.745	44.68	3.3	9.6	38.76	609	138	1066
Dinner										
Great Value Mixed Nuts	170	15	2.5	5	2	1	6	85	0	190
1/4 cup, 1 oz										
Atkins Indulge Caramel Nut Chew Bar	130	8	4	17	6	1	5	70	10	80
1 bar, 34 g										
Cape Cod Sea Salt & Vinegar Potato Chips	130	6	0.5	18	2	0	2	190	0	

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1 serving, 1 oz										
Quaker Rice Cakes - Lightly Salted	35	0	0	7	0	0	1	15	0	0
1 cake, 9 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	614	37.09	8.649	64.12	11.1	12.43	18.12	441	10	390
Snacks/Other										
Bourbon	105	0	0	0.04	0	0	0	0	0	
1 1/2 fl oz (no ice)										
Blue Diamond Almond Nut-Thins - Hint of Sea Salt Nut & Rice Cracker Snacks	130	2.5	0	24	1	0	3	80	0	
17 crackers, 30 g										
Starbucks Caramel Brulee Latte (Grande)	269	8.12	4.38	43.12	0	32.5	6.88	0	0	
5/8 x 1 serving, 10 oz										
Spring Valley Glucosamine Chondroitin	11	0	0	2.5			0	160	0	0
2 tablets										
Spring Valley Omega 3 Fish Oil	30	2	0.5	0	0	0	1	0	15	
2 softgels, 1.2 g										
Werther's Original Sugar Free Chewy Caramels	79	3.28	1.96	19.65	17.68	0	0	49.12	0	
24 g										
Total	624	15.9	6.84	89.31	18.68	32.5	10.88	289.12	15	0
Total	2562	133.75	37.487	229.83	37.28	59.9	101.12	2721.12	744	2328