

## Sunday, November 12, 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
Egg Omelet or Scrambled Egg with Peppers, Onion and Ham 3 large	363	25.12	7.818	6.07	0.5	4.81	26.45	1090	581	412
<b>Total</b>	<b>515</b>	<b>27.65</b>	<b>8.253</b>	<b>31.72</b>	<b>4.2</b>	<b>5.37</b>	<b>33.36</b>	<b>1382</b>	<b>581</b>	<b>872</b>
<b>Lunch</b>										
Potato French Fries 1 order	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
Fried Battered Catfish 12 nuggets	525	36.87	8.07	14.49	0.4	0.89	32.03	229	121	607
Lettuce Salad with Cheese, Tomato and/or Carrots 1 cup	78	5.53	3.472	2.9	0.9	1.62	4.6	119	17	149
Honey Mustard Dressing 1 tbsp	50	2.7	0.334	6.96	0.1	6.76	0.15	90	0	10
<b>Total</b>	<b>809</b>	<b>53.11</b>	<b>13.745</b>	<b>44.68</b>	<b>3.3</b>	<b>9.6</b>	<b>38.76</b>	<b>609</b>	<b>138</b>	<b>1066</b>
<b>Dinner</b>										
Great Value Mixed Nuts 1/4 cup, 1 oz	170	15	2.5	5	2	1	6	85	0	190
Atkins Indulge Caramel Nut Chew Bar 1 bar, 34 g	130	8	4	17	6	1	5	70	10	80
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										
<b>Total</b>	<b>614</b>	<b>37.09</b>	<b>8.649</b>	<b>64.12</b>	<b>11.1</b>	<b>12.43</b>	<b>18.12</b>	<b>441</b>	<b>10</b>	<b>390</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>624</b>	<b>15.9</b>	<b>6.84</b>	<b>89.31</b>	<b>18.68</b>	<b>32.5</b>	<b>10.88</b>	<b>289.12</b>	<b>15</b>	<b>0</b>
<b>Total</b>	<b>2562</b>	<b>133.75</b>	<b>37.487</b>	<b>229.83</b>	<b>37.28</b>	<b>59.9</b>	<b>101.12</b>	<b>2721.12</b>	<b>744</b>	<b>2328</b>