

## Monday, October 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Mariani Sliced Premium Almonds	85	7.5	0.5	3	2	0.5	3	0	0	110
1/2 x 1/4 cup, 15 g										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 36 g										
Rosarita Refried Beans	60	1.25	0.5	9	3	0	3	270	0	
1/2 x 1/2 cup, 64 g										
<b>Total</b>	<b>280</b>	<b>12.34</b>	<b>2.009</b>	<b>33.19</b>	<b>6</b>	<b>1.5</b>	<b>9.57</b>	<b>589</b>	<b>0</b>	<b>373</b>
<b>Lunch</b>										
<b>Dinner</b>										
Panda Express Beijing Beef	470	26	5	46	1	24	13	660	25	
1 serving, 5.6 oz										
Panda Express Chow Mein	382	15	2.62	60	4.5	6.75	9.75	645	0	0
3/4 x 1 serving, 7 oz										
Panda Express Cream Cheese Rangoon	190	8	5	24	2	1	5	180	35	
3 pieces, 2.4 oz										
<b>Total</b>	<b>1042</b>	<b>49</b>	<b>12.62</b>	<b>130</b>	<b>7.5</b>	<b>31.75</b>	<b>27.75</b>	<b>1485</b>	<b>60</b>	<b>0</b>
<b>Snacks/Other</b>										

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	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Total</b>	<b>1322</b>	<b>61.34</b>	<b>14.629</b>	<b>163.19</b>	<b>13.5</b>	<b>33.25</b>	<b>37.32</b>	<b>2074</b>	<b>60</b>	<b>373</b>