

Monday, October 23, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---------------------------------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 280 | 12.34 | 2.009 | 33.19 | 6 | 1.5 | 9.57 | 589 | 0 | 373 |
| Lunch | | | | | | | | | | |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 1042 | 49 | 12.62 | 130 | 7.5 | 31.75 | 27.75 | 1485 | 60 | 0 |
| Snacks/Other | | | | | | | | | | |

Monday, October 23, 2017

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