

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

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Total	1322	61.34	14.629	163.19	13.5	33.25	37.32	2074	60	373