

## Monday, October 16, 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	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Breaded Chicken Patty, Fillet or Tenders	226	14.3	3.057	12.4	0.7	0.67	11.85	436	42	198
1 patty										
<b>Total</b>	<b>251</b>	<b>15.39</b>	<b>3.066</b>	<b>14.59</b>	<b>0.7</b>	<b>0.67</b>	<b>12.42</b>	<b>445</b>	<b>42</b>	<b>461</b>
<b>Lunch</b>										
Sandwich Bros. of Wisconsin Chicken Melt	160	8	3	12	1	1	11	475	30	
1 sandwich, 70 g										
Green Tea	2	0	0.005	0.47	0	0	0	2	0	
1 mug (8 fl oz)										
<b>Total</b>	<b>162</b>	<b>8</b>	<b>3.005</b>	<b>12.47</b>	<b>1</b>	<b>1</b>	<b>11</b>	<b>477</b>	<b>30</b>	
<b>Dinner</b>										
Dietz & Watson All Natural Uncured Dinner Ham with Baby Swiss Sandwich	210	8	3	17	2	1	17	710	35	
1/2 sandwich, 114 g										
Pringles Sour Cream & Onion Potato Crisps	150	9	2.5	16	1	1	1	160	0	
15 crisps, 1 oz										
<b>Total</b>	<b>360</b>	<b>17</b>	<b>5.5</b>	<b>33</b>	<b>3</b>	<b>2</b>	<b>18</b>	<b>870</b>	<b>35</b>	

**Snacks/Other**

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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)
Nestle Vanilla Ice Cream Drumstick 1 cone, 96 g	290	16	9	32	2	20	4	80	15	
Coffee-Mate Original Liquid Coffee Creamer 1 tbsp, 15 ml	20	1	0	2	0	0	0	0	0	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
<b>Total</b>	<b>312</b>	<b>17.05</b>	<b>9.005</b>	<b>34.09</b>	<b>2</b>	<b>20</b>	<b>4.28</b>	<b>85</b>	<b>15</b>	<b>111</b>
<b>Total</b>	<b>1085</b>	<b>57.44</b>	<b>20.576</b>	<b>94.15</b>	<b>6.7</b>	<b>23.67</b>	<b>45.7</b>	<b>1877</b>	<b>122</b>	<b>572</b>