

Monday, October 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	251	15.39	3.066	14.59	0.7	0.67	12.42	445	42	461
Lunch										
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)										
Total	162	8	3.005	12.47	1	1	11	477	30	
Dinner										
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										
Total	360	17	5.5	33	3	2	18	870	35	

Snacks/Other

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nestle Vanilla Ice Cream Drumstick	290	16	9	32	2	20	4	80	15	
1 cone, 96 g										
Coffee-Mate Original Liquid Coffee Creamer	20	1	0	2	0	0	0	0	0	
1 tbsp, 15 ml										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Total	312	17.05	9.005	34.09	2	20	4.28	85	15	111
Total	1085	57.44	20.576	94.15	6.7	23.67	45.7	1877	122	572