

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 |