

Friday, October 13, 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)										
Total	25	1.09	0.009	2.19	0	0	0.57	9	0	263
Lunch										
Trader Joe's Tarragon Chicken Salad Wrap	680	34	3	64	8	4	30	1160	80	
2 x 1/2 wrap, 284 g										
Fritos Chili Cheese Flavored Corn Chips	80	5	0.75	7.5	0.5	0.5	1	130	0	
1/2 x 31 chips, 0.5 oz										
Total	760	39	3.75	71.5	8.5	4.5	31	1290	80	
Dinner										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Heinz Chili Sauce	20	0	0	5	0	3	0	230	0	
1 tbsp, 17 g										
Baked or Broiled Salmon	118	5.22	0.905	0.34	0	0.08	16.54	322	43	273
3 oz boneless (yield after cooking)										
Total	382	5.22	0.905	13.34	0	5.08	16.54	562	43	273
Snacks/Other										
Trader Joe's Pumpkin Biscotti	55	2	1	9	0.5	4.5	1	27.5	10	0
1/2 x 2 biscotti, 12.5 g										
Costco Cheesecake	440	31	19	33	0	26	8	370	0	

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1 slice, 4.5 oz										
Total	495	33	20	42	0.5	30.5	9	397.5	10	0
Total	1662	78.31	24.664	129.03	9	40.08	57.11	2258.5	133	536