

## Friday, October 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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)										
<b>Total</b>	<b>25</b>	<b>1.09</b>	<b>0.009</b>	<b>2.19</b>	<b>0</b>	<b>0</b>	<b>0.57</b>	<b>9</b>	<b>0</b>	<b>263</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>760</b>	<b>39</b>	<b>3.75</b>	<b>71.5</b>	<b>8.5</b>	<b>4.5</b>	<b>31</b>	<b>1290</b>	<b>80</b>	
<b>Dinner</b>										
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)										
<b>Total</b>	<b>382</b>	<b>5.22</b>	<b>0.905</b>	<b>13.34</b>	<b>0</b>	<b>5.08</b>	<b>16.54</b>	<b>562</b>	<b>43</b>	<b>273</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>495</b>	<b>33</b>	<b>20</b>	<b>42</b>	<b>0.5</b>	<b>30.5</b>	<b>9</b>	<b>397.5</b>	<b>10</b>	<b>0</b>
<b>Total</b>	<b>1662</b>	<b>78.31</b>	<b>24.664</b>	<b>129.03</b>	<b>9</b>	<b>40.08</b>	<b>57.11</b>	<b>2258.5</b>	<b>133</b>	<b>536</b>