

Monday, October 2, 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)										
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										
Total	235	9.09	3.009	19.19	2	1	17.57	719	35	263
Lunch										
Dinner										
Panera Bread Soft Dinner Roll	142	2.62	0.75	24	0.75	1.5	4.5	225	7.5	
3/4 x 1 roll										
T. Marzetti Ranch Veggie Dip	220	22	6	4	0	2	2	420	30	
2 x 2 tbsp, 60 ml										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
Lloyd's Barbeque Company Original BBQ Sauce with Seasoned Shredded Beef	183	4.57	2.29	20.57	0	18.29	13.72	822.96	34.29	
128 g										
Total	695	38.19	11.54	63.57	1.75	22.79	21.22	1617.96	71.79	
Snacks/Other										
Alkanater Sesame Candy with Pistachios	340	17	2.5	30	2	21	9	30	0	
2 ounces, 56.7 g										

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Total	1270	64.28	17.049	112.76	5.75	44.79	47.79	2366.96	106.79	263