

Tuesday, October 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Stonyfield Farm Organic Plain Whole Milk Yogurt	85	4.5	2.5	6.5	0	6	4.5	62.5	17.5	
1/2 x 1 cup, 113.5 g										
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)										
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	336	19.89	5.566	21.09	0.7	6.67	16.92	507.5	59.5	461
Lunch										
Dinner										
Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat)	138	10.19	4.113	0	0	0	10.9	35	37	164
2 oz										
Maruchan Plain Ramen Noodles	380	14	7	52			10	1580	0	
2 x 1/2 block, 86 g										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Total	762	24.19	11.113	60	0	2	20.9	1625	37	164
Snacks/Other										
Late July Multigrain Tortilla Chips	236	8.84	0.98	35.35	3.93	0	3.93	137.48	0	
55 g										

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Celestial Seasonings Caffeine Free Herbal Tea	0	0		0		0	0	0		
1 tea bag, 2 g										
Total	236	8.84	0.98	35.35	3.93	0	3.93	137.48	0	
Total	1334	52.92	17.659	116.44	4.63	8.67	41.75	2269.98	96.5	625