

Saturday, October 14, 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	282	17.88	3.821	15.5	0.9	0.84	14.81	545	52	248
1 1/4 patties										
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										
Total	392	23.47	6.33	24.19	0.9	6.84	19.88	616.5	69.5	511
Lunch										
Dinner										
Morey's Marinated Wild Alaskan Salmon	245	14	2	1	0	1	30	270	70	
1 fillet, 170 g										
Snacks/Other										
Nestle Vanilla Ice Cream Drumstick	290	16	9	32	2	20	4	80	15	
1 cone, 96 g										
Total	927	53.47	17.33	57.19	2.9	27.84	53.88	966.5	154.5	511