

Friday, October 6, 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										
Cooked Vegetable Type Stew (Including Potatoes, Carrots, Onions and Celery)	116	4.8	0.906	17.13	3.3	3.98	2.06	459	0	383
1 cup										
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										
Total	254	14.99	5.019	17.13	3.3	3.98	12.96	494	37	547
Dinner										
Kirkland Signature Atlantic Salmon	340	20	7	0	0	0	37	320	80	
1 portion, 196 g										
Creamy Sun Dried Tomato Pasta	346	8.22	3.406	52.17	3.6	2.72	14.07	640	21	82
1 serving										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Total	930	28.22	10.406	60.17	3.6	4.72	51.07	970	101	82

Snacks/Other

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Bonne Maman Raspberry Preserves	50	0		13	0.2	13	0	0	0	
1 tbsp, 20 g										
Angelfood Cake	144	0.45	0.068	32.37	0.8		3.3	419	0	52
2 pieces (1/12 12 oz cake)										
Total	194	0.45	0.068	45.37	1	13	3.3	419	0	52
Total	1403	44.75	15.502	124.86	7.9	21.7	67.9	1892	138	944