

## Friday, October 6, 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>										
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										
<b>Total</b>	<b>254</b>	<b>14.99</b>	<b>5.019</b>	<b>17.13</b>	<b>3.3</b>	<b>3.98</b>	<b>12.96</b>	<b>494</b>	<b>37</b>	<b>547</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>930</b>	<b>28.22</b>	<b>10.406</b>	<b>60.17</b>	<b>3.6</b>	<b>4.72</b>	<b>51.07</b>	<b>970</b>	<b>101</b>	<b>82</b>

**Snacks/Other**

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	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
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)										
<b>Total</b>	<b>194</b>	<b>0.45</b>	<b>0.068</b>	<b>45.37</b>	<b>1</b>	<b>13</b>	<b>3.3</b>	<b>419</b>	<b>0</b>	<b>52</b>
<b>Total</b>	<b>1403</b>	<b>44.75</b>	<b>15.502</b>	<b>124.86</b>	<b>7.9</b>	<b>21.7</b>	<b>67.9</b>	<b>1892</b>	<b>138</b>	<b>944</b>