

Sunday, October 1, 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										
Log Cabin Maple Syrup	100	0	0	25	0	16	0	55	0	0
1/2 x 1/4 cup, 30 ml										
Eggo Thick & Fluffy Waffles - Original	320	14	4	42	2	6	8	600	0	100
2 x 1 waffle, 110 g										
Fried Egg without Fat	146	9.87	3.075	0.76	0	0.76	12.48	446	420	133
2 large										
Total	591	24.96	7.084	69.95	2	22.76	21.05	1110	420	496
Lunch										
Dinner										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
T. Marzetti Ranch Veggie Dip	220	22	6	4	0	2	2	420	30	
2 x 2 tbsp, 60 ml										
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	824	39	11.5	44	3	6	20	1290	65	

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Snacks/Other										
Total	1415	63.96	18.584	113.95	5	28.76	41.05	2400	485	496