Monday, April 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Atkins Milk Chocolate Delight Shake	160	9	2.5	5	3	1	15	250	10	560
11 fl oz, 325 ml										
Total	265	9.39	2.632	31.95	6.1	15.43	16.29	251	10	982
Lunch										
Atlanta Bread Company Kettle Chips	150	9	1	15	1	0	2	120	0	
1 package, 28.3 g										
Potbelly Turkey with Swiss Cheese & Mustard	662	16.5	6	81	6	4.5	49.5	2619	96	
1 1/2 x 1 sandwich, 12 g										
Total	812	25.5	7	96	7	4.5	51.5	2739	96	
Dinner										
Chunky Chicken Noodle Soup (Canned)	350	12	2.784	34.08	7.7	3.12	25.44	1699	38	216
2 cups										
Jason's Deli Big Chef Salad	420	23	9	14	3	7	43	1590	275	
1 salad, 805 g										
Total	770	35	11.784	48.08	10.7	10.12	68.44	3289	313	216
Snacks/Other										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Cafe Valley Bakery Banana Nut Mini Muffins	100	5	1	11	0	5	1	125	15	0
1 muffin, 25 g										

Monday, April 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
M&M's Milk Chocolate M&M's 1/4 cup, 1.5 oz	210	9	6	30	1	27	2	25	5	
Total	415	14.39	7.132	67.95	4.1	46.43	4.29	151	20	422
Total	2262	84.28	28.548	243.98	27.9	76.48	140.52	6430	439	1620