## Sunday, September 10, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Vons Bran Muffin<br>1 muffin | 250 | 11 | 1 | 25 | 1 | 16 | 0 | 170 | 35 | 0 |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Egg (Whole)<br>1 extra large | 85 | 5.77 | 1.797 | 0.45 | 0 | 0.45 | 7.3 | 81 | 245 | 78 |
| Total | 369 | 16.88 | 2.797 | 25.93 | 1 | 16.92 | 14.49 | 361 | 280 | 186 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Total | 369 | 16.88 | 2.797 | 25.93 | 1 | 16.92 | 14.49 | 361 | 280 | 186 |