# Tuesday, May 10, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Cheddar Cheese<br>1 slice (1 oz) | 113 | 9.28 | 5.906 | 0.36 | 0 | 0.15 | 6.97 | 174 | 29 | 27 |
| Gala Apples<br>1 medium (2-3/4" dia) | 71 | 0.24 | 0.039 | 19.06 | 3.3 | 14.34 | 0.36 | 1 | 0 | |
| Total | 184 | 9.52 | 5.945 | 19.42 | 3.3 | 14.49 | 7.33 | 175 | 29 | 27 |
| **Lunch** | | | | | | | | | | |
| Carrot and Ginger Soup<br>1 cup | 76 | 2.44 | 1.117 | 8.76 | 1.5 | 4.74 | 4.83 | 471 | 5 | |
| **Dinner** | | | | | | | | | | |
| Pinot Blanc Wine<br>5 5 fl oz servings | 603 | 0 | | 14.26 | | | 0.51 | | | |
| Thin Crust Pizza with Meat<br>2 pieces (1/8 12" dia) | 445 | 22.31 | 9.228 | 41.12 | 2.3 | 3.3 | 19.44 | 1110 | 43 | 342 |
| Fried Calamari<br>10 pieces | 121 | 2.1 | 0.552 | 9.6 | 0.4 | 0.64 | 14.67 | 325 | 211 | |
| Roast Beef<br>4 thin slices (approx 4-1/2" x 2-1/2" x 1/8") | 224 | 14.55 | 5.723 | 0 | 0 | 0 | 21.76 | 182 | 64 | 245 |
| Total | 1393 | 38.96 | 15.503 | 64.98 | 2.7 | 3.94 | 56.38 | 1617 | 318 | 587 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1653** | **50.92** | **22.565** | **93.16** | **7.5** | **23.17** | **68.54** | **2263** | **352** | **614** |