

## Monday, January 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
Kroger Eggs (Large) 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	140
Thomas' Original English Muffins 1 muffin, 57 g	130	1	0	24	1	1	4	210	0	0
Brown Rice 1 cup cooked	215	1.74	0.349	44.42	3.5	0.68	4.99	587	0	84
<b>Total</b>	<b>535</b>	<b>12.74</b>	<b>3.349</b>	<b>80.42</b>	<b>4.5</b>	<b>12.68</b>	<b>20.99</b>	<b>937</b>	<b>370</b>	<b>224</b>
<b>Lunch</b>										
<b>Dinner</b>										
Meat Loaf 2 medium slices	441	26.16	8.608	14.08	0.9	3.5	34.91	894	171	594
Franz Oregon Bread Western Hazelnut Bread 2 x 1 slice, 86 g	280	10	0	42	4	8	10	380	0	
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
<b>Total</b>	<b>836</b>	<b>45.98</b>	<b>10.049</b>	<b>63.11</b>	<b>4.9</b>	<b>13.38</b>	<b>45.17</b>	<b>1483</b>	<b>179</b>	<b>597</b>
<b>Snacks/Other</b>										
Cheddar Cheese 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
Kirkland Signature Smoked Salmon 2 oz, 60 g	102	6	1	0	0	0	13	460	31	

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Trader Joe's Multigrain Crackers 14 crackers, 32 g	150	6	0.5	22	3	2	2	200	0	
Philadelphia Original Cream Cheese 1 oz, 28 g	100	9	6	2	0	1	2	105	35	
Nancy's Petite Quiche Lorraine Appetizers 4 pieces, 79 g	220	13	6	15	1	3	10	360	75	
Goose Island IPA Beer 2 1/2 x 1 bottle, 30 oz	515	0	0	53.75	0	0	0	0	0	0
Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
<b>Total</b>	<b>1530</b>	<b>70.96</b>	<b>31.916</b>	<b>97.38</b>	<b>6.1</b>	<b>7.3</b>	<b>51.75</b>	<b>1647</b>	<b>229</b>	<b>213</b>
<b>Total</b>	<b>2901</b>	<b>129.68</b>	<b>45.314</b>	<b>240.91</b>	<b>15.5</b>	<b>33.36</b>	<b>117.91</b>	<b>4067</b>	<b>778</b>	<b>1034</b>