

Monday, January 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	535	12.74	3.349	80.42	4.5	12.68	20.99	937	370	224
Lunch										
Dinner										
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
Total	836	45.98	10.049	63.11	4.9	13.38	45.17	1483	179	597
Snacks/Other										
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
Total	1530	70.96	31.916	97.38	6.1	7.3	51.75	1647	229	213
Total	2901	129.68	45.314	240.91	15.5	33.36	117.91	4067	778	1034