

## Sunday, January 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Kroger Eggs (Large) 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	140
Franz Oregon Bread Western Hazelnut Bread 1 slice, 43 g	140	5	0	21	2	4	5	190	0	
Fresh & Easy Pepper Jack Cheese Slice 1 slice , 21 g	70	5	3.5	2	0		5	140	25	
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
<b>Total</b>	<b>400</b>	<b>20</b>	<b>6.5</b>	<b>35</b>	<b>2</b>	<b>15</b>	<b>22</b>	<b>470</b>	<b>395</b>	<b>140</b>
<b>Lunch</b>										
Sam's Club Hot Dog 2 x 1/4lb hot dog with bun	594	60	24	48	4	0	28	1880	140	
<b>Dinner</b>										
Meat Loaf 2 medium slices	441	26.16	8.608	14.08	0.9	3.5	34.91	894	171	594
Wild Rice (Cooked) 1 cup	166	0.56	0.08	35	3	1.2	6.54	5	0	166
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
<b>Total</b>	<b>692</b>	<b>32.61</b>	<b>12.364</b>	<b>56.92</b>	<b>7.6</b>	<b>6.24</b>	<b>43.51</b>	<b>907</b>	<b>186</b>	<b>992</b>

### Snacks/Other

**Sunday, January 14, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Chocolate Chip Cookie	489	24.73	7.665	64.06	2.9	34.34	5.5	297	0	148
10 medium (approx 2" dia)										
<b>Total</b>	<b>2175</b>	<b>137.34</b>	<b>50.529</b>	<b>203.98</b>	<b>16.5</b>	<b>55.58</b>	<b>99.01</b>	<b>3554</b>	<b>721</b>	<b>1280</b>