

Sunday, January 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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		
Total	400	20	6.5	35	2	15	22	470	395	140
Lunch										
Sam's Club Hot Dog 2 x 1/4lb hot dog with bun	594	60	24	48	4	0	28	1880	140	
Dinner										
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
Total	692	32.61	12.364	56.92	7.6	6.24	43.51	907	186	992

Snacks/Other

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Chocolate Chip Cookie	489	24.73	7.665	64.06	2.9	34.34	5.5	297	0	148
10 medium (approx 2" dia)										
Total	2175	137.34	50.529	203.98	16.5	55.58	99.01	3554	721	1280