Tuesday, November 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Whole Wheat Bread 2 regular slices	135	2.12	0.468	24.63	2.6	2.87	4.78	277	0	106
Lunch										
Homemade-Style Spaghetti Sauce with Beef or Meat 1 cup	281	16.09	4.193	20.94	4.5	11.85	16.28	1218	42	1063
Dinner										
Cold Cut Sandwich Submarine with Lettuce and Tomato 1 submarine	544	27.18	10.026	47.55	2.5	9.98	26.11	1674	79	478
Snacks/Other										
Total	**960**	**45.39**	**14.687**	**93.12**	**9.6**	**24.7**	**47.17**	**3169**	**121**	**1647**