Thursday, February 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee (Brewed From Grounds) 1 1/4 cups (8 fl oz)	3	0.06	0.006	0	0	0	0.36	6	0	145
Total	52	0.06	0.006	12.6	0	12.59	0.36	6	0	145
Lunch										
Mustard 1 tsp	3	0.16	0.008	0.39	0.2	0.14	0.2	56	0	8
Subway 6" Tuna 1 sandwich, 250 g	480	23.8	4	44	5	6	20	620	45	0
Subway Pepperjack Cheese 2 triangles, 14 g	50	4	2.5	0.5	0	0	3.5	85	15	
Total	533	27.96	6.508	44.89	5.2	6.14	23.7	761	60	8
Dinner										
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Snacks/Other										
Total	663	33.32	8.148	58.05	5.2	19.29	30.35	829	272	216