Thursday, January 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chocolate Covered Doughnut (Cake Type) 1/2 medium (3-1/4" dia)	126	8.22	2.148	12.72	0.5	6.19	1.32	114	16	52
Chobani Greek Yogurt Blueberry on The Bottom 1 container, 150 g	130	0	0	19	1	15	12	60	5	
Total	256	8.22	2.148	31.72	1.5	21.19	13.32	174	21	52
Lunch										
Tuna Salad Sandwich with Lettuce 1 sandwich	289	7.18	1.242	36.67	1.8	6.36	19.1	785	22	242
Dinner										
Dewar's Scotch 1 shot, 1 oz	69	0	0	0	0	0	0	0	0	0
Edy's Slow Churned Classic Vanilla 3 x 2/3 cup, 234 g	300	10.5	6	45	0	36	6	105	45	
M&M's Milk Chocolate M&M's 1/4 cup, 1.5 oz	210	9	6	30	1	27	2	25	5	
Custard or Cream Filled Eclair 1/2 eclair (5" x 2" x 1-3/4")	134	8.01	2.101	12.34	0.3	3.37	3.26	172	65	60
Salad Dressing 1 tbsp	60	6.17	0.926	1.41	0	1.22	0.13	197	1	7
Mixed Salad Greens 1 cup shredded or chopped	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
Beef Stroganoff with Noodles 1 1/2 cups	503	27.61	10.621	33.95	1.9	2.84	30.03	1190	92	572

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1285	61.42	25.669	124.46	4.3	70.91	42.26	1705	208	799

Snacks/Other

Total	**1830**	**76.82**	**29.059**	**192.85**	**7.6**	**98.46**	**74.68**	**2664**	**251**	**1093**