Saturday, August 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Alvarado Street Bakery Essential Flax Seed Bread 1/2 x 2 slices, 22.5 g	50	1		9	2.5	0.5	3	50	0	
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	
great value organic milk 10 ml	3	0	0	0.48	0	0.48	0.36	5	0.2	16.4
Coffee 24 fl oz	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 3/4 x 3 links, 44 g	68	3.38	1.12	1.5	0	0	7.5	315	30	
Eggland's Best Large Grade A Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	350	0
Apples 3 oz	44	0.14	0.024	11.75	2	8.84	0.22	1	0	91
Total	346	16.29	5.468	28.72	4.5	15.51	23.95	548	390.1	445.4
Lunch										
Steak and Cheese Sandwich on Roll 1 sandwich	444	20.09	8.917	29.9	1.2	5.36	33.68	884	94	437
Dinner										
Price Chopper 1% Cottage Cheese 1/2 cup, 115 g	90	1.5	1	6	0	4	14	480	15	

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Celery	24	0.29	0.073	5.05	2.7	3.11	1.17	136	0	442
10 stalks small (5" long)										
14" Pepperoni Pizza	298	12.13	5.26	33.98	1.6	4.11	13.32	683	29	186
1 slice										
Total	412	13.92	6.333	45.03	4.3	11.22	28.49	1299	44	628
Snacks/Other										
Onion Rings (Breaded and Fried)	83	4.65	2.086	9.4			1.11	129	4	39
0.3 portion (8-9 onion rings)										
Apples	74	0.24	0.04	19.58	3.4	14.73	0.37	1	0	152
5 oz										
Gifford's Ice Cream Low Fat Moose Tracks Frozen Yogurt	140	5	2	23	1	21	3	135	5	
1/2 cup										
Frigo Light String Cheese	100	5	3	2	0	0	14	400	20	0
2 x 1 stick, 48 g										
Raspberries	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
1/2 cup										
Total	429	15.29	7.138	61.32	8.4	38.45	19.22	666	29	284
Total	**1631**	**65.59**	**27.856**	**164.97**	**18.4**	**70.54**	**105.34**	**3397**	**557.1**	**1794.4**