Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Light English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Total	299	9.45	1.779	56.08	12.1	16.91	10.3	234	0	526
Lunch										
Stubb's Original BBQ Sauce 2 tbsp, 32 g	30	0	0	6	0	4	0	220	0	
Cooper Sharp American Cheese 1 slice, 28 g	105	9	5	1	0		6	456	26	
Lunch Mate Deli Thin Sliced Roast Beef 1 1/2 x 2 oz, 84 g	120	3.75		1.5	0	1.5	16.5	840	37.5	
Trader Joe's Rustico Bread 2 x 1 slice, 2 oz	160	2		28	8	2	6	260	0	
Total	415	14.75	5	36.5	8	7.5	28.5	1776	63.5	
Dinner										
Red Baron Classic Crust - Pepperoni Pizza 2 x 1/4 pizza, 292 g	780	34	18	86	4	16	32	1660	80	420
Snacks/Other										
Fisher Dry Roasted Peanuts 1/2 x 1/4 cup, 14 g	80	6.5	1	3	1	0.5	3	100	0	

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Nestle Drumstick Lil' Drums Ice Cream Cones - Chocolate with Chocolatey Swirls 1 cone, 43 g	130	6	3.5	16	1	10	2	60	10	
Ghirardelli Dark Chocolate Intense Dark 72% 1/4 x 3 squares, 8 g	50	4.25	2.5	4.25	1	2.5	0.5	0	0	
Total	260	16.75	7	23.25	3	13	5.5	160	10	
Total	1754	74.95	31.779	201.83	27.1	53.41	76.3	3830	153.5	946