Friday, December 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Lunch										
Kirkland Signature Fancy Shredded Mexican 4 Cheese Blend 1/3 cup, 28 g	110	9	6	0	0	0	6	170	25	
Alfredo Sauce 2 cups	1993	199.65	125.247	12.39	0	1.22	43.89	2527	646	350
Total	2103	208.65	131.247	12.39	0	1.22	49.89	2697	671	350
Dinner										
Snacks/Other										
Sweetworks Sixlets (8 Individual Candies) 3 x 1 tube	90	4.5	3	15	0	15	0	45	0	
Lay's Classic Potato Chips (28.3g) 1 1/2 x 1 package, 42.45 g	240	15	1.5	22.5	1.5	0	3	255	0	525
Hershey's Kisses Hugs 1 1/3 x 9 pieces, 53 g	279	15.96	9.31	31.92	0	30.59	3.99	66.5	13.3	
Wonka Laffy Taffy Strawberry, Sour Apple, Banana and Cherry Candy 23 g	80	1.07	0.8	17.66	0	14.44	0	29.42	0	
Carrots 3.7 oz	43	0.25	0.039	10.05	2.9	4.76	0.98	72	0	336
Granny Smith Apples	97	0.32	0.052	25.85	4.5	19.45	0.49	2	0	

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7.2 oz, with skin, yield										
Airborne Chewable Tablets	10	0	0	2.8		2	0			
0.4 x 4 tablets										
Total	839	37.1	14.701	125.78	8.9	86.24	8.46	469.92	13.3	861
Total	3089	255.69	149.047	138.94	8.9	88.23	70.93	3306.92	1107.3	1345