Friday, June 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Lipton Peach Iced Tea (20 oz)	120	0	0	30	0	30	0	220	0	
1 bottle, 20 oz										
Taco Time Mexi-Fries (Large)	750	48	6.3	71	9		8	1215	0	
1 serving, 8.5 oz										
Whole Foods Market Smoked Mozzarella Pasta Salad	524	25.6	10.2	55.4	7	2.4	20.4	678	56	
2 x 1 serving, 8 oz										
Costco Cheese Pizza	700	28	14	70	3	7	44	1370	75	
1 slice, 9.8 oz										
Total	2094	101.6	30.5	226.4	19	39.4	72.4	3483	131	
Dinner										
In-N-Out French Fries	395	18	5	54	2	0	7	245	0	
1 fry container, 125 g										
In-N-Out Chocolate Shake	590	29	19	72	0	65	10	320	15	
1 serving, 15 oz										
Total	985	47	24	126	2	65	17	565	15	
Snacks/Other										
Total	3079	148.6	54.5	352.4	21	104.4	89.4	4048	146	