Thursday, October 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
McDonald's Sausage McMuffin 1 serving	370	22	8	29	2	2	14	850	45	
Total	375	22.09	8.009	29	2	2	14.57	859	45	232
Lunch										
Wendy's 1/4 lb Single Hamburger 1 hamburger	580	33	14	42	3	10	31	1240	105	
Wendy's French Fries (Small) 1/2 x 1 serving	155	7.5	1.5	20	2	0	2	165	0	310
Total	735	40.5	15.5	62	5	10	33	1405	105	310
Dinner										
Bellatoria Southwestern Style Fiesta Pizza 1/3 pizza, 167 g	340	17	7	31	2	4	17	700	35	
Snacks/Other										
Total	1450	79.59	30.509	122	9	16	64.57	2964	185	542