Friday, July 8, 2016

	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) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Lunch										
Bananas 5 medium (7" to 7-7/8" long)	525	1.95	0.661	134.76	15.3	72.16	6.43	6	0	2112
Dinner										
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Roasted Potato 1 medium (2-1/4" to 3" dia, raw)	203	9.52	1.224	27.28	3.4	1.22	3.16	137	0	657
Grilled Chicken 12 oz, with bone (yield after bone removed)	540	30.75	8.569	0	0	0	61.73	922	199	
New Belgium Brewing Fat Tire Amber Ale 2 x 1 bottle, 24 oz	310	0		27.4	0	27.4	0	0	0	
Total	1155	51.79	17.087	54.69	3.4	28.63	65.01	1061	230	660
Snacks/Other										
Wegmans Watermelon 3 x 1 wedge	240	1.5	0	63	6	54	3	15	0	
Lay's Stax Original Potato Crisps 8 x 12 crisps, 224 g	1200	72	12	128	8	8	8	1120	0	0
Bananas 5 medium (7" to 7-7/8" long)	525	1.95	0.661	134.76	15.3	72.16	6.43	6	0	2112

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Raw Revolution Spirulina & Cashew Organic Live Food Bar 1 bar, 62 g	270	16	2.5	29	4	20	8	15	0	
Lenny & Larry's The Complete Cookie - Double Chocolate 2 x 1/2 cookie, 114 g	380	12	3	54	8	30	16	440	0	
Total	2615	103.45	18.161	408.76	41.3	184.16	41.43	1596	0	2112
Total	4304	157.38	35.928	598.21	60	284.95	114.01	2682	230	5349