Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Philadelphia Regular Cream Cheese Spread 2 tbsp, 31 g	80	7	4.5	2	0	1	2	125	20	
Franz Everything Bagel 1 bagel, 85 g	230	3.5		43	2		8			
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Zurvita Zeal For Life 1 scoop, 14 g	48	2	0.33	8	3.5	3.5	1	1		109
Total	**422**	**12.5**	**4.83**	**70.3**	**5.5**	**21.75**	**11.06**	**127**	**20**	**131**
Lunch										
Darrell Lea Soft Eating Liquorice 3 pieces, 30 g	130	1	0.5	28		16	1	15	0	
Tillamook Pepper Jack Cheese Sliced 1 slice, 25 oz	80	6	3.5	0	0	0	5	125	20	
Egg 1 1/2 large	110	7.46	2.324	0.58	0	0.58	9.44	105	317	100
Peach 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
Franz Hawaiian Bread 2 x 1 slice, 80 g	220	4		38	2	4	8	360		
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	

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Kettle Brand Krinkle Cut Sea Salt Potato Chips	150	9	1	16	1	0	2	115	0	430
9 chips, 1 oz										
Total	878	27.7	7.343	131.93	4.5	68.8	26.33	775	337	716
Dinner										
Darrell Lea Soft Eating Liquorice	130	1	0.5	28		16	1	15	0	
3 pieces, 30 g										
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese	80	6	3	1	0	0	7	190	15	0
1 stick										
Skim Chocolate Milk	140	0.7	0.582	27.22	1.2	25.4	8.55	98	5	462
1 cup										
Kraft Wheat Thins Original	140	5	1	22	3	4	2	230	0	95
16 crackers, 31 g										
Total	490	12.7	5.082	78.22	4.2	45.4	18.55	533	20	557
Snacks/Other										
Nature's Bakery Stone Ground Whole Wheat Fig Bar	180	5	0	34	4	18	4	70	0	
2 x 1 bar, 56 g										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Total	330	5	0	74	4	58	4	125	0	
Total	**2120**	**57.9**	**17.255**	**354.45**	**18.2**	**193.95**	**59.94**	**1560**	**377**	**1404**