

## Sunday, October 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Flour Tortilla 1 medium (approx 8" dia)	159	3.95	0.962	26.19	1.6	0.98	4.23	324	0	79
El Popular Chorizo 2 oz cooked, 56 g	190	15	6	2	0	0	12	890	46	0
<b>Total</b>	<b>520</b>	<b>30.48</b>	<b>10.557</b>	<b>29.08</b>	<b>1.6</b>	<b>1.87</b>	<b>30.82</b>	<b>1376</b>	<b>537</b>	<b>234</b>
<b>Lunch</b>										
Chicken Wing (Skin Eaten) 6 medium (yield after cooking, bone removed)	553	37.06	10.377	0	0	0	51.15	776	159	351
Potato French Fries 2 orders	312	16.03	3.737	40.65	3.8	0.66	3.97	342	0	601
Miller Brewing Company Lite Beer (Bottle) 3 x 1 bottle, 36 oz	288	0	0	9.6	0	3	3	15	0	
<b>Total</b>	<b>1153</b>	<b>53.09</b>	<b>14.114</b>	<b>50.25</b>	<b>3.8</b>	<b>3.66</b>	<b>58.12</b>	<b>1133</b>	<b>159</b>	<b>952</b>
<b>Dinner</b>										
Chicken Leg 1 medium (yield after cooking, bone removed)	258	14.95	4.132	0	0	0	28.83	458	102	250
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Macaroni or Noodles with Cheese 2/3 cup	331	15.3	6.449	34.94	1.8	5.84	12.93	638	28	220
<b>Total</b>	<b>753</b>	<b>36.73</b>	<b>12.405</b>	<b>34.94</b>	<b>1.8</b>	<b>5.84</b>	<b>66.58</b>	<b>1426</b>	<b>200</b>	<b>674</b>

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	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
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**Snacks/Other**

<b>Total</b>	<b>2426</b>	<b>120.3</b>	<b>37.076</b>	<b>114.27</b>	<b>7.2</b>	<b>11.37</b>	<b>155.52</b>	<b>3935</b>	<b>896</b>	<b>1860</b>
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