

Sunday, October 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	520	30.48	10.557	29.08	1.6	1.87	30.82	1376	537	234
Lunch										
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	
Total	1153	53.09	14.114	50.25	3.8	3.66	58.12	1133	159	952
Dinner										
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
Total	753	36.73	12.405	34.94	1.8	5.84	66.58	1426	200	674

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Snacks/Other

Total	2426	120.3	37.076	114.27	7.2	11.37	155.52	3935	896	1860
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