Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Greek 100 Yogurt - Mixed Berry	100	0	0	14		9	10	45	5	
5.3 oz, 150 g										
Frosted Mini-Wheats Bite Size - Original	285	1.5	0	69	9	16.5	7.5	0	0	300
1 1/2 x 10 biscuits										
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids)	137	4.85	3.018	13.45	0		9.68	145	20	446
1 cup										
Coffee with Milk	34	0.79	0.439	4.5	0	1.18	1.74	34	0	
32 fl oz										
Total	556	7.14	3.457	100.95	9	26.68	28.92	224	25	746
Lunch										
Skinny Fries	98	3.75	0.88	14.5	1	0	1	182.5	0	
1/4 x 1 serving										
Fatburger	590	31	9	46	2	8	33	1190	105	
1 burger										
Total	688	34.75	9.88	60.5	3	8	34	1372.5	105	
Dinner										
Southwest Chicken Caesar Salad (Small)	390	28	8	13	2	2	22	940	45	
1 salad, 207 g										
Mixed Vegetables (Frozen)	91	0.74	0.139	19.11	5.7		4.73	67	0	301
1/2 package (10 oz)										
Wheat Dinner Rolls	76	1.76	0.419	12.88	1.1	0.46	2.41	95	0	32
1 roll (1 oz)										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 5 fl oz serving										
Total	679	30.5	8.558	48.81	8.8	3.87	29.24	1109	45	437
Snacks/Other										
No Sugar Added Nonfat Frozen Yogurt - Vanilla	160	0	0	40	0	14	8	70	0	
2 x 1/2 cup, 192 g										
Oatmeal Cookie	60	2.47	0.584	8.94	0.3	4.31	0.7	32	0	13
1 medium (2-5/8" dia)										
Total	220	2.47	0.584	48.94	0.3	18.31	8.7	102	0	13
Total	**2143**	**74.86**	**22.479**	**259.2**	**21.1**	**56.86**	**100.86**	**2807.5**	**175**	**1196**