Saturday, July 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bullet Proof Coffee 1 1/2 servings (250 g per serve)	573	65.37	49.718	0.03	0	0.03	0.66	10	78	
Lunch										
Sabatino's Smoked Mozzarella with Artichokes & Garlic Chicken Sausage 2 x 1 link, 170 g	280	16	6	4	2	2	32	980	110	
Dinner										
14" Pepperoni Pizza 3 slices	894	36.39	15.779	101.93	4.9	12.34	39.95	2048	87	557
Snacks/Other										
White Cake with Icing (Home Recipe or Purchased) 1 piece (1/10 1-layer, 8" or 9" dia)	251	8.73	1.771	42.56	0.2	34.18	1.79	187	1	35
Total	**1998**	**126.49**	**73.268**	**148.52**	**7.1**	**48.55**	**74.4**	**3225**	**276**	**592**