Saturday, May 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
International Delight French Vanilla Creamer Singles	180	9	3	30	0	30	0	0	0	
6 x 1 creamer, 78 ml										
Jelly (All Flavors)	202	0.02	0.004	53.16	0.8	38.93	0.11	23	0	41
4 tbsps										
Peanut Butter	376	32.25	6.587	12.52	3.8	5.9	16.06	294	0	415
4 tbsps										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Toasted White Bread	258	3.52	0.509	47.87	2.2	4.17	7.92	521	1	115
4 slices										
Bacon	54	4.18	1.374	0.14	0	0	3.7	231	11	56
2 thin slices (yield after cooking)										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Perkins Restaurant Belgian Waffle	875	41.25	17.5	115	2.5	48.75	11.25	1275	156.25	
1 1/4 x 1 serving, 234 g										
Florida's Natural 100% Pure Florida Orange Juice	110	0	0	26	0	22	2	0	0	450
8 fl oz, 240 ml										
Total	2304	111.68	39.367	285.47	9.3	150.53	53.74	2486	622.25	1214
Lunch										
Dinner										
Meijer Kettle Cooked Mesquite BBQ Chips	150	8	2	16	0	1	2	170	0	0
18 chips, 1 oz										

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Pork Link Sausage (Smoked) 1 link (4" long x 1-1/8" dia)	265	21.56	7.698	1.43	0	0	15.1	1020	46	228
Baked or Broiled Catfish 1 fillet (5-1/4" x 2" x 3/8")	116	7.38	1.637	0.26	0	0.06	11.44	243	35	223
The Deli Counter Classic Cole Slaw 1/2 cup, 105 g	170	12	2.5	16	2	13	1	170	10	
Golden Corral Skillet Cornbread 2 x 1 piece, 112 g	240	6	2	44	2	14	4	480	30	
Texas Roadhouse BBQ Ribs 2 x 4 ribs	554	12		69	0	0	38	0	0	
Annie's Naturals Organic BBQ Sweet & Spicy Sauce 2 tbsp, 34 g	40	0	0	10	0	8	0	300	0	
Ghirardelli Triple Chocolate Brownies 2 " brownie, 35 g	180	7	2	27	1	19	1	120	10	
Vanilla Ice Creams 1/2 cup	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
Beer 2 2/3 cans or bottles (12 fl oz)	413	0	0	34.12	0	0	4.42	38	0	260
Fireball Cinnamon Whiskey 1 1/2 oz	108	0		11	0	11	0	0	0	
Total	2381	81.86	22.724	245.8	5.5	81.34	79.48	2599	163	854

Snacks/Other

Magnesium Citrate Two pills	0	0	0	0	0	0	0	0	0	0
Nature Made Fish Oil 1000 mg 2 Soft Gels	20	2		0	0	0	0	0	20	

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centrum silver multivitamin	0	0	0	0	0	0	0	0	0	80
1 tablet (1 tablet)										
Total	20	2	0	0	0	0	0	0	20	80
Total	**4705**	**195.54**	**62.091**	**531.27**	**14.8**	**231.87**	**133.22**	**5085**	**805.25**	**2148**