Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
EfaGold EfaGold Pure Extra Virgin Coconut Oil 1 tablespoon, 14 g	130	14	13	0	0	0	0	0	0	
Lunch										
Quest Double Chocolate Chunk 1 bar , 60 g	160	6	2.5	25	16	1	20	250	5	180
Dinner										
Safeway Steam in the Bag - Broccoli & Cauliflower 4 x 1 cup, 340 g	100	0		16	8	8	8	100	0	
Green String Beans 1/4 cup	9	0.03	0.007	1.96	0.9	0.38	0.5	2	0	57
Grapes 21 seedless	72	0.17	0.057	19	0.9	16.25	0.76	2	0	201
Quest Coconut Cashew Bar 1 bar, 60 g	170	6	1.5	25	17	1	20	250	5	90
Crock Pot Turkey Chili 0.7 servings	211	4.6	0.973	28.27	7.8	7.26	14.54	690	22	267
Roast Beef 2 oz boneless	151	9.82	3.863	0	0	0	14.69	123	43	166
Sliced Ham (Regular, Approx. 11% Fat) 2 oz	92	4.88	1.665	2.17	0.7	0	9.41	739	32	163
Total	**805**	**25.5**	**8.065**	**92.4**	**35.3**	**32.89**	**67.9**	**1906**	**102**	**944**

Snacks/Other

Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cacoa Nibs 2.5 tbsp (14)	60	1.5	1	9	4	0	3	10	0	240
General Mills Chex Mix Traditional 1/2 cup, 29 g	120	4	1	20	1	2	2	210	0	
Vitafusion Fiber Well Gummies 3 x 2 gummies	30	0	0	15	15	0	0	0	0	
Fireball Cinnamon Whiskey 2 x 1 1/2 oz	216	0		22	0	22	0	0	0	
Red Lobster Single Malt Scotches 3 x 1 serving	207	0	0	0	0	0	0	0	0	
Beer 5 cans or bottles (12 fl oz)	774	0	0	63.9	0	0	8.28	72	0	486
Swanson Apple Cider Vinegar Capsules 2 capsules (625)	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	
Nature Made Magnesium Citrate 2 softgels, 2 g	15	1	1	2	0	0	0	0	0	0
One A Day Men's Health Formula Multivitamin Supplement 1 tablet	0	0	0	0	0	0	0	0	0	0
Total	1442	8.5	3	131.9	20	24	13.28	292	20	726
Total	**2537**	**54**	**26.565**	**249.3**	**71.3**	**57.89**	**101.18**	**2448**	**127**	**1850**