Saturday, June 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Hass Avocado 3 x 1/5 medium , 90 g	150	13.5	1.5	9	6	0	0	0	0	450
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
velveeta cheese slices 2 x 1 slice, 42 g	80	4	2	6	0	4	6	640	20	
Strawberries 4 oz	36	0.34	0.017	8.71	2.3	5.28	0.76	1	0	174
Blueberries 2 oz	32	0.19	0.016	8.22	1.4	5.65	0.42	1	0	44
Kraft Cool Whip 1 1/2 x 2 tbsp, 13.5 g	38	2.25	2.25	3	0	1.5	0	0	0	
Bacon 4 1/2 medium slices (yield after cooking)	195	15.04	4.946	0.51	0	0	13.33	832	40	203
Total	678	45.26	13.828	36.21	9.7	17.2	33.09	1614	483	1005
Lunch										
Dinner										
Fresh Express Chopped Kit BBQ Ranch 1 3/4 x 1 1/2 cups, 175 g	280	17.5	2.62	19.25	7	7	12.25	201.25	17.5	
Popeyes Chicken & Biscuits Spicy Chicken Leg 1 portion	170	14	2	5	1	0	13	360	65	
Popeyes Chicken & Biscuits Spicy Chicken Breast 1 breast	420	27	9	13	3	0	33	830	110	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	870	58.5	13.62	37.25	11	7	58.25	1391.25	192.5	
Snacks/Other										
Coffee-Mate Sugar Free French Vanilla Powder Coffee Creamer 2 x 1 tbsp, 10 g	60	5	4	4	0	0	0	30	0	100
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Trader Joe's Mesquite Smoked Seasoned Almonds 2 x 1/4 cup, 60 g	360	32	2	10	6	2	12	340	0	
Total	422	37.05	6.005	14.09	6	2	12.28	375	0	211
Total	**1970**	**140.81**	**33.453**	**87.55**	**26.7**	**26.2**	**103.62**	**3380.25**	**675.5**	**1216**