Saturday, November 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Sausage & Pancake on A Stick	180	9	3	21	0	7	6	340	25	
1 sausage & pancake, 71 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
2% Fat Milk	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
2 fl oz										
Equal Equal	0	0		2			0	0		
2 x 1 packet, 2 g										
Total	215	10.29	3.776	26.04	0	10.09	8.58	374	30	315
Lunch										
Kroger Kosher Dill Pickles (Whole)	10	0		2			0	440		
2 x 1/2 pickle, 56 g										
Kroger American Cheese Slice	120	9	5	2	0	0.2	6	420	30	
2 x 1 slice, 38 g										
Kirkland Signature Extra Lean Sliced Ham	75	1.5	0	1.5	0	1.5	15	840	45	
3 x 1 slice, 84 g										
Total	205	10.5	5	5.5	0	1.7	21	1700	75	
Dinner										
Tortilla Corn Chips	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
1 10 chip serving										
Beef Burro	970	73	23	44	5	5	37	0	125	
1 serving, 425 g										
Total	1116	80.01	23.737	63.6	6.6	5.3	39.34	126	125	64

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Clementines	70	0.22		17.79	2.5	13.59	1.26	1		262
2 fruits										
Total	175	0.61	0.132	44.74	5.6	28.02	2.55	2	0	684
Total	**1711**	**101.41**	**32.645**	**139.88**	**12.2**	**45.11**	**71.47**	**2202**	**230**	**1063**