Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg (Whole, Cooked)	152	11.17	3.366	2.01	0	1.58	10.15	256	322	126
1 1/2 large										
Fresh Pork Sausage	85	7.43	2.464	0	0	0	4.23	178	20	69
1/2 serving 2 links										
Great Value Sharp Cheddar Cheese	110	9	5	0	0	0	7	180	25	25
1 oz , 28 g										
Nature Sweet Cherub Tomatoes	32	0	0	6.33	2.81	4.92	1.41	0	0	
104 g										
Bananas	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
1/2 medium (7" to 7-7/8" long)										
Total	432	27.79	10.896	21.82	4.31	13.72	23.43	615	367	431
Lunch										
Publix Italian 5 Whole Grain Bread	100	1		21	3	3	5	160		
1 slice										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Winn-Dixie Small Curd 4% Milkfat Cottage Cheese	110	5	3.5	4	0	4	12	450	25	
1/2 cup, 113 g										
Total	312	17.52	10.794	25.01	3	7.01	17.12	612	56	3
Dinner										
Guacamole	57	5.21	0.755	3.1	2.4	0.26	0.71	54	0	173
2 1/2 tbsps										

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Sunshine Cheez-It Original Snack Crackers	150	8	2	17	1	0	3	230	0	0
27 crackers, 30 g										
Total	207	13.21	2.755	20.1	3.4	0.26	3.71	284	0	173
Snacks/Other										
Brach's Butterscotch Hard Candy	60	0	0	16	0	10	0	65	0	
3 pieces, 18 g										
Sam's Choice Sea Salt Caramel Ice Cream	345	16.5	12	43.5	0	36	7.5	225	60	0
1 1/2 x 1/2 cup, 130.5 g										
Total	405	16.5	12	59.5	0	46	7.5	290	60	0
Total	1356	75.02	36.445	126.43	10.71	66.99	51.76	1801	483	607