Saturday, April 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hashed Brown Potatoes (Home Prepated)	289	13.67	1.559	38.34	3.5	1.63	3.28	373	0	629
0.7 cup										
Red Lobster Cheddar Bay Biscuit	240	15	4.5	24	0	0	4.5	570	0	0
1 1/2 x 1 biscuit, 69 g										
Fresh & Easy Mini Pork Sausages	150	11.5	4	0.5	0	0.5	10	520	42.5	
1/2 x 4 oz, 56 g										
Great Value Sausage Patty	400	38	14	0	0	0	12	580	90	230
2 x 1 patty, 100 g										
Scrambled Egg (Whole, Cooked)	203	14.9	4.488	2.68	0	2.11	13.53	342	429	168
2 large										
Total	1282	93.07	28.547	65.52	3.5	4.24	43.31	2385	561.5	1027
Lunch										
Dinner										
Garlic Bread	106	4.09	0.789	14.6	0.9	0.13	2.48	195	0	35
2 small slices (2-1/2" x 2" x 1")										
Sizzler Baked Potato	265	4	1	51	4	2	6	15	0	
1 potato, 5 oz										
Fresh & Easy Melon Medley	45	0	0	12	1	10	1	15	0	280
1 serving, 5 oz										
Chocolate Puddings	157	4.52	0.802	25.99	1.1	20.17	3.05	146	3	203
1 snack size (4 oz)										
Soft Serve Ice Cream	230	13.49	7.764	23.04	0.7	21.96	4.26	63	94	184
0.6 cup										

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Sizzler Steak (6 oz)	256	12	2	2	0	0	32	1475	89	
1 serving, 6 oz										
Sour Cream	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
1 tbsp										
Butter (Salted)	51	5.76	3.647	0	0	0	0.06	41	15	2
1/2 tbsp										
Blue & Roquefort Cheese Salad Dressing	227	23.54	4.455	3.33	0	1.62	2.16	492	8	17
3 tbsps										
Onions	13	0.03	0.008	3.24	0.4	1.37	0.29	1	0	46
0.2 cup chopped										
HoneyBaked Honey Baked Ham	125	5	2	2	0	2	18	1020	55	
3 oz, 84 g										
Boiled Egg	58	3.96	1.22	0.42	0	0.42	4.7	104	158	47
3/4 large										
Great Value Romaine Lettuce	8	0		0.5	0.25	0	0.5	5	0	
1/2 x 1 cup, 23.5 g										
TGI Friday's Onion Rings	98	4.9	0.7	11.2	1.05	0.7	1.4	217	0	
20 g										
Wal-mart Deli Potato Wedges	160	4.2		23.8			3.5			
0.7 x 4 wedges										
Kirkland Signature Fish Oil Omega 3	10	1	0.5	0	0	0	0	0	10	
1 softgel										
Total	**1840**	**89.51**	**26.764**	**173.73**	**9.4**	**60.39**	**79.86**	**3797**	**438**	**835**
Snacks/Other										
Kirkland Signature Krill Oil	5	0.5	0	0			0	0	12	0
1 softgel, 0.5 g										

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Total	3127	183.08	55.311	239.25	12.9	64.63	123.17	6182	1011.5	1862