Saturday, August 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Arby's Horsey Sauce 3 x 1 serving, 42 ml	150	15	1.5	9	0	6	0	480	15	
Arby's Classic Roast Beef 3 x 1 serving, 462 g	1080	42	15	105	3	18	69	2910	180	
Total	1230	57	16.5	114	3	24	69	3390	195	
Dinner										
Italian Salad Dressing 3 tbsps	128	12.51	1.973	4.6	0	3.67	0.17	729	0	21
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Total	150	12.73	2.004	9.25	1.6	6.33	1.27	759	0	261
Snacks/Other										
Pepperidge Farm Goldfish Original Crackers 55 pieces, 30 g	140	5	1	20	0.9	0.9	4	250	4.99	
Kirkland Signature Trail Mix 3 x 1/2 cup, 171 g	480	30	6	36	3	27	15	120	0	
Hunt's Chocolate Pudding Snack Pack 2 x 1 pudding cup, 198 g	220	5	2	40	4	26	2	230	0	190
Total	840	40	9	96	7.9	53.9	21	600	4.99	190
Total	**2220**	**109.73**	**27.504**	**219.25**	**12.5**	**84.23**	**91.27**	**4749**	**199.99**	**451**