Thursday, February 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Simply Nature Cranberry Almond Bar	190	12	1	20	3	10	3	10	0	120
1 bar, 40 g										
McDonald's Coffee Creamer	60	6	4.5	0	0	0	0	45	30	
3 x 1 container, 1.2 oz										
Total	355	18.39	5.632	46.95	6.1	24.43	4.29	56	30	542
Lunch										
Carrots	66	0.38	0.059	15.33	4.5	7.26	1.49	110	0	512
1 1/4 cups chopped										
Beef Steak	143	8.51	3.332	0	0	0	15.47	211	46	173
2 oz boneless, cooked										
Red Lobster Fries	82	4.25	0.38	10	0.25	0	0.25	185	0.25	
1/4 x 1										
Total	291	13.14	3.771	25.33	4.75	7.26	17.21	506	46.25	685
Dinner										
Fuddruckers 1/2 lb Buffalo Burger	550	12	8	48	0	23	32	995	110	
1 burger										
Fuddruckers Wedge Cut Fries Regular	222	2.25	2.25	27			0	429		
3/4 x 1 serving, 6 oz										
Total	772	14.25	10.25	75	0	23	32	1424	110	

Snacks/Other

Thursday, February 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1418	45.78	19.653	147.28	10.85	54.69	53.5	1986	186.25	1227