Friday, March 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
7-Eleven Sausage Biscuit 1/4 x 1 sandwich, 24 g	82	5.5	2.25	7	0.25	0.5	2	210	5	
McDonald's Sugar Packet 2 x 1 packet, 8 g	30	0	0	8	0	8	0	0	0	0
McDonald's Coffee Creamer 4 x 1 container, 1.6 oz	80	8	6	0	0	0	0	60	40	
McDonald's Grape Jam 2 x 1 serving, 28 g	70	0	0	18	0	18	0	0	0	
McDonald's Egg White Delight McMuffin 1 muffin	250	8	3	30	4	3	18	770	25	
Total	512	21.5	11.25	63	4.25	29.5	20	1040	70	0
Lunch										
TGI Friday's Potato Skins Snack Chips 1 bag, 28.4 g	150	8	1	19	1	1	1	170	0	
Sliced Ham (Regular, Approx. 11% Fat) 1 1/4 servings 2 slices	114	6.02	2.055	2.68	0.9	0	11.62	913	40	201
Total	264	14.02	3.055	21.68	1.9	1	12.62	1083	40	201
Dinner										
Dos Equis XX Lager 1 bottle, 12 oz	130	0		9	0	0	0.4	10	0	0
Michelob Ultra Light Beer 3 x 1 bottle, 36 oz	285	0	0	7.8	0	0	1.8	0	0	
Cooked Pinto, Calico or Red Beans	313	14.85	1.915	33.91	8.4	1.14	11.61	352	0	566

Friday, March 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Taco Cabana Brisket Taco	500	24	10	38	2	0	32	1280	80	
2 x 1 serving										
Total	1228	38.85	11.915	88.71	10.4	1.14	45.81	1642	80	566

Snacks/Other

Total	2004	74.37	26.22	173.39	16.55	31.64	78.43	3765	190	767