Sunday, August 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter (Salted)	34	3.8	2.407	0	0	0	0.04	27	10	1
1/3 tbsp										
Cheddar Cheese	114	9.4	5.98	0.36	0	0.15	7.06	176	30	28
1 oz										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Coffee (Brewed From Grounds)	7	0.14	0.014	0	0	0	0.85	14	0	348
3 cups (8 fl oz)										
Heavy Cream	154	16.54	10.295	1.25	0	0.05	0.92	17	61	34
3 tbsps										
Wegmans Double Smoked Ham off The Bone	35	1	0.5	0.5	0	0.5	5.5	275	15	
1/2 x 1 serving, 1 oz										
Total	491	40.82	22.295	2.88	0	1.47	26.95	649	539	545
Lunch										
Dark Chocolate Premium Baking Chips	75	6.75		13.5	10.5	1.5	1.5	0	0	
1 1/2 x 1 Tablespooon (60 chips), 21 g										
Zucchini Walnut Spice Muffins	204	17.8		6.1	2.8	1.6	8.2	169	32	324
1/12 recipe, 67 g										
Half and Half Cream	39	3.45	2.147	1.29	0	0.05	0.89	12	11	39
2 tbsps										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Deli Turkey or Chicken Breast Meat	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
2 slices (1 oz)										

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Wegmans Double Smoked Ham off The Bone 1 serving, 2 oz	70	2	1	1	0	1	11	550	30	
Swiss Cheese 4 slices (1 oz)	426	31.14	19.912	6.03	0	1.48	30.16	215	103	86
Hellmann's Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0	90	5	0
Total	968	72.17	24.84	30.31	13.6	7.62	62	1621	205	852
Dinner										
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Ground Beef (Cooked) 3 oz cooked	232	15.61	6.041	0	0	0	21.29	336	74	241
Total	458	34.17	17.853	0.72	0	0.29	35.23	684	133	296
Snacks/Other										
Tomatoes 1 oz, raw, yields	5	0.05	0.012	1.02	0.3	0.68	0.23	1	0	62
Fresh'n Easy Garden Salad 1/2 x 2 cups, 42.5 g	8	0	0	1.5	0.5	1	0.5	7.5	0	0
Prime Time Sweet Mini Peppers 200 g	59	0	0	11.76	2.35	7.06	2.35	0	0	423.54
Tomatoes 2 oz, raw, yields	9	0.1	0.024	2.04	0.6	1.37	0.46	3	0	123
Total	81	0.15	0.036	16.32	3.75	10.11	3.54	11.5	0	608.54
Total	**1998**	**147.31**	**65.024**	**50.23**	**17.35**	**19.49**	**127.72**	**2965.5**	**877**	**2301.54**