Monday, March 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pillsbury Sweet Rolls Cinnamon Rolls with Icing	140	5	1.5	23	1	9	2	340	0	
1 roll, 44 g										
Butterball Everyday Turkey Bacon	50	4	1	0	0	0	4	270	20	
2 slices, 18 g										
All Whites 100% Liquid Egg Whites	25	0	0	0	0	0	5	75	0	75
3 tbsp, 46 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Total	289	13.97	4.05	23.38	1	9.38	17.29	755	232	142
Lunch										
Snickers Snickers Bar (Miniatures)	85	4	1.5	11	0.5	9	1.5	40	2.5	
1/2 x 3 pieces, 13.5 g										
Chocolate Chip Cookie Dough	128	5.92	1.951	17.81	0.4		1.28	61	7	52
1 portion dough spoon from roll										
Reese's Peanut Butter Cup	105	4.5	1.5	9	0.5	8	2	55	0	
1 piece, 15 g										
Reese's Unwrapped Mini Peanut Butter Cups	150	9	4.5	17.25	0.75	15.75	2.25	75	3.75	
3/4 x 9 pieces, 24 g										
Chapman's Cappuccino Frozen Yogurt	75	1.88	1.12	14.25		10.5	1.5	56.25	3.75	
3/4 x 1/2 cup, 94 ml										
Yogurtland Pistachio Frozen Yogurt	37	0		7.7	0	7.7	0.2	0	0	
1 serving, 1 oz										

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Orange Leaf Cheesecake Frozen Yogurt	141	6		18	0	15	3	132	9	
3 x 1 oz, 84 g										
Total	721	31.3	10.571	95.01	2.15	65.95	11.73	419.25	26	52
Dinner										
Domino's Pizza 14" Brooklyn Pepperoni Feast Pizza	377	21	9	30	2	3	17	1100	45	
1 slice, 150 g										
Domino's Pizza 16" Brooklyn Deluxe Feast Pizza	461	21	8.5	49	3	4	19	1150	40	
1 slice, 225 g										
Kroger Real Bacon Bits	12	0.75	0.25	0	0	0	1.5	110	2.5	
1/2 x 1 tbsp, 3.5 g										
Mozzarella Cheese (Part Skim Milk)	72	4.51	2.867	0.79	0	0.32	6.88	175	18	24
1 oz										
Tyson Foods Boneless Skinless Chicken Breasts	50	1.25	0.5	0	0	0	10	100	35	0
1/2 x 4 oz, 56 g										
Total	972	48.51	21.117	79.79	5	7.32	54.38	2635	140.5	24
Snacks/Other										
Total	1982	93.78	35.738	198.18	8.15	82.65	83.4	3809.25	398.5	218