Thursday, October 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Yoplait Light Fat Free Yogurt - Key Lime Pie	90	0	0	16	0	10	5	80	5	250
1 container, 6 oz										
General Mills Cheerios	100	2	0.5	20	3	1	3	140	0	180
1 1/2 cups, 39 g										
Publix Skim Milk	90	0		13	0	12	9	130	5	420
1 cup, 240 ml										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Total	329	2.46	0.523	60.67	6	30.08	18.02	352	10	1083
Lunch										
Burger King Double Whopper Sandwich	900	56	19	50	2	12	35	980	115	
1 sandwich, 341 g										
Burger King Onion Rings (Large)	1000	50	9	128	10	14	10	2620	0	
2 x 1 serving, 284 g										
Total	1900	106	28	178	12	26	45	3600	115	
Dinner										
Hungry Howie's Pizza Greek Salad Dressing	220	22	4	4	0	0	0	140	0	
2 x 1 serving, 2 oz										
Hungry Howie's Pizza Antipasto Salad (Small)	115	7.3	3.9	3.2	1.6	0	9	554	28	
1/2 salad										
Total	335	29.3	7.9	7.2	1.6	0	9	694	28	
Snacks/Other										

Thursday, October 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2564	137.76	36.423	245.87	19.6	56.08	72.02	4646	153	1083