

## Sunday, August 20, 2017

|   | Cals<br>(kcal) | Fat<br>(g)   | Sat<br>(g)    | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Prot<br>(g)  | Sod<br>(mg)    | Chol<br>(mg) | Potassium<br>(mg) |
|---|----------------|--------------|---------------|--------------|--------------|--------------|--------------|----------------|--------------|-------------------|
| <b>Breakfast</b>  |                |              |               |              |              |              |              |                |              |                   |
| Egg Beaters Egg Beaters - Original<br>100 g                                 | 54             | 0            | 0             | 1.64         | 0            | 0            | 9.83         | 196.68         | 0            | 152.43            |
| American Heritage Cheddar Shredded Cheese<br>24 g                           | 94             | 7.71         | 5.14          | 0.86         | 0            | 0            | 6            | 154.26         | 25.71        |                   |
| Ole Extreme Wellness Spinach & Herbs Tortilla Wraps<br>2 x 1 tortilla, 90 g | 100            | 3            | 0             | 32           | 22           | 0            | 8            | 660            | 0            |                   |
| Bacon (Cured, Pan-Fried, Cooked)<br>4 slices cooked                         | 168            | 12.73        | 4.2           | 0.47         | 0            | 0            | 12.12        | 767            | 36           | 187               |
| <b>Total</b>  | <b>416</b>     | <b>23.44</b> | <b>9.34</b>   | <b>34.97</b> | <b>22</b>    | <b>0</b>     | <b>35.95</b> | <b>1777.94</b> | <b>61.71</b> | <b>339.43</b>     |
| <b>Lunch</b>  |                |              |               |              |              |              |              |                |              |                   |
| <b>Dinner</b>   |                |              |               |              |              |              |              |                |              |                   |
| Pulled Pork<br>1 1/4 cups cooked, diced                                     | 501            | 28.24        | 9.529         | 11.34        | 2.7          | 2.71         | 48.66        | 1276           | 136          |                   |
| Dinner Rolls<br>2 rolls (pan, dinner, or small roll) (2" square, 2" high)   | 168            | 4.09         | 0.982         | 28.22        | 1.7          | 1.47         | 4.7          | 292            | 1            | 74                |
| Sonny's Bar-B-Q Baked Beans<br>1 1/4 x 1 serving                            | 185            | 2.32         |               | 31.65        |              |              | 10.08        |                |              |                   |
| Kroger Roasted Redskin Potatoes<br>120 g                                    | 155            | 4.94         | 0             | 26.83        | 2.82         | 1.41         | 2.82         | 437.72         | 0            | 607.16            |
| <b>Total</b>  | <b>1009</b>    | <b>39.59</b> | <b>10.511</b> | <b>98.04</b> | <b>7.22</b>  | <b>5.59</b>  | <b>66.26</b> | <b>2005.72</b> | <b>137</b>   | <b>681.16</b>     |
| <b>Snacks/Other</b>   |                |              |               |              |              |              |              |                |              |                   |

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|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Kind Plus Dark Chocolate<br>Cherry Cashew + Antioxidants<br>1 bar, 40 g      | 170                   | 9                 | 3                 | 24                  | 4                   | 14                  | 3                  | 20                 | 0                   | 150                      |
| Animal Cracker<br>8 crackers   | 89                    | 2.76              | 0.693             | 14.82               | 0.2                 | 2.79                | 1.38               | 79                 | 0                   | 20                       |
| Skinny Cow Low Fat Ice Cream<br>Bars - Salted Caramel Pretzel<br>1.4 x 1 bar | 224                   | 12.6              | 9.8               | 25.2                | 2.8                 | 18.2                | 2.8                | 126                | 0                   |                          |
| <b>Total</b>   | <b>483</b>            | <b>24.36</b>      | <b>13.493</b>     | <b>64.02</b>        | <b>7</b>            | <b>34.99</b>        | <b>7.18</b>        | <b>225</b>         | <b>0</b>            | <b>170</b>               |
| <b>Total</b>   | <b>1908</b>           | <b>87.39</b>      | <b>33.344</b>     | <b>197.03</b>       | <b>36.22</b>        | <b>40.58</b>        | <b>109.39</b>      | <b>4008.66</b>     | <b>198.71</b>       | <b>1190.59</b>           |