

Sunday, August 20, 2017

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

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