Thursday, May 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Smucker's Concord Grape Jelly	70	0		18	0	16	0	0	0	
2 x 1 packet, 1 oz										
Toasted Bread	141	1.92	0.277	26.11	1.2	2.28	4.32	284	0	63
2 regular slices										
Sausage Breakfast Patty	280	22	9	0	0	0	20	680	50	
2 x 1 patty, 96 g										
Bacon	108	8.36	2.748	0.29	0	0	7.41	462	22	113
4 thin slices (yield after cooking)										
Black Pepper	0	0	0.001	0.06	0	0	0.01	0	0	1
1 dash										
Tabasco Original Pepper Sauce	0	0	0	0	0	0	0	4.2	0	0
1 ml										
Scrambled Egg	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
2 eggs										
Coffee (Brewed From Grounds)	12	0.24	0.024	0	0	0	1.42	24	0	581
5 cups (8 fl oz)										
Fiber Choice Weight Management	15	0		7	4	0	0	0	0	
2 tablets										
Total	**825**	**47.73**	**17.834**	**53.42**	**5.2**	**19.71**	**46.17**	**1665.2**	**472**	**896**
Lunch										
Unsweetened tea	0	0	0	2	0	0	0	20	0	
2 x 1 serving										
Brown Gravy with Mushrooms	38	1.5	0	6	0	3	0	420	0	
1 1/2 x 2 oz, 85.5 g										
Mashed Potato	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Ground Beef (Cooked)	464	31.21	12.082	0	0	0	42.59	672	148	482
6 oz cooked										
Total	712	40.14	13.743	41.01	2.7	5.9	46.37	1597	150	1028
Dinner										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Skippy Creamy Peanut Butter	142	12	2.25	5.25	1.5	2.25	5.25	112.5	0	156
3/4 x 2 tbsp, 24 g										
Nature's Own 100% Whole Wheat Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 78 g										
Total	379	18.41	2.97	41.76	7.5	6.19	17.38	547.5	4	157
Snacks/Other										
Glazed Donuts	520	28	8	62	2	22	6	500	0	
2 x 1 donut										
Sam's Choice Clear American Flavored Sparkling Golden Peach Water Beverage	0	0		0		0	0	0		
8 1/2 x 1 cup, 2040 ml										
Total	520	28	8	62	2	22	6	500	0	
Total	**2436**	**134.28**	**42.547**	**198.19**	**17.4**	**53.8**	**115.92**	**4309.7**	**626**	**2081**