Monday, August 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Avocados 1 avocado, NS as to Florida or California	322	29.47	4.273	17.15	13.5	1.33	4.02	14	0	975
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Great Harvest Bread Co Honey Whole Wheat Bread 2 x 1 slice, 100 g	200	0	0	46	6	14	8	700	0	0
Total	624	40.99	11.567	63.16	19.5	15.34	12.14	716	31	978
Lunch										
Morningstar Farms Meatless Crumbles 1/2 cup, 58 g	80	2.5	0	5	3	1	10	230	0	100
Kraft Macaroni & Cheese Original 1 cup prepared, 2.5 oz	350	3	1.5	47		6	9	570	10	
Total	430	5.5	1.5	52	3	7	19	800	10	100
Dinner										
Taco Bell Crunchy Taco 4 x 1 serving	680	36	14	52	12	4	32	1240	100	
Snacks/Other										
Peanut Sauce 1 tbsp	43	3.64	0.743	1.71	0.4	0.75	1.82	33	0	51
Shrimp Spring Roll 1 spring roll	67	2.97	0.58	7.39	0.6	0.54	2.62	242	33	
Good Times BLT Sandwich	215	11	3	18.5	0.5	3	11	840	12.5	

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1/2 x 1 sandwich										
Total	325	17.61	4.323	27.6	1.5	4.29	15.44	1115	45.5	51
Total	**2059**	**100.1**	**31.39**	**194.76**	**36**	**30.63**	**78.58**	**3871**	**186.5**	**1129**