Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 3 large	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
Fresh Pork Sausage 2 servings 2 links	340	29.71	9.857	0	0	0	16.9	712	81	278
Total	617	50.84	15.783	1.21	0	1.15	35.71	994	712	481
Lunch										
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins) 6 g	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19
Dinner										
Shrimp Scampi 1 cup	288	21.53	12.886	0.01	0	0.01	22.94	1008	333	95
Snacks/Other										
Atkins Endulge Chocolate Coconut Bar 7 g	30	2.1	1.75	1.92	1.4	0.18	0.88	11.38	0	26.25
Total	**959**	**75.67**	**31.019**	**5.34**	**3.4**	**1.44**	**61.43**	**2035.38**	**1045**	**621.25**