Sunday, September 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Almonds 10 almonds	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
Lunch										
GNC Total Lean Shake - Vanilla Bean (Bottle) 1 bottle, 14 oz	170	6	1	6	3	2	25	330	20	310
Dinner										
Breyers No Sugar Added Vanilla Ice Cream 1/2 x 2/3 cup, 37 g	40	2	1.25	6.5	3	2	1	22.5	5	
Halls Beer Cheese 2 tbsp, 28 g	80	7	4.5	0		0	4	340	20	
Ace Pear Cider 1 bottle, 12 oz	155	0	0	12		9	0	30	0	0
Ore-Ida Extra Crispy Tater Tots 1 1/2 x 12 pieces, 129 g	255	13.5	2.25	30	3	1.35	3	690	0	360
Total	530	22.5	8	48.5	6	12.35	8	1082.5	25	360
Snacks/Other										
Almonds 10 almonds	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
The Snack Factory Pretzel Crisps - Original 1/4 x 11 chips, 7 g	28	0	0	5.75	0.25	0.5	0.75	82.5	0	
Total	97	6.08	0.466	8.12	1.65	1.08	3.3	82.5	0	87
Total	**866**	**40.66**	**9.932**	**64.99**	**12.05**	**16.01**	**38.85**	**1495**	**45**	**844**