Friday, October 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Del Taco Jacked Up Value Bean, Rice & Cheese Burrito 1 burrito, 149 g	280	8	3.5	40	6		12	670	15	
Lunch										
Burrito with Chicken and Beans 1 1/4 medium	610	19.43	5.067	69.41	11.6	2.47	38.17	1166	77	735
Dinner										
Snacks/Other										
Del Taco Del Combo Burrito 1/2 x 1 serving, 113 g	265	8	4	32	5.5	0	14.5	695	25	
Body Fortress Super Advanced Whey Protein - Cookies N' Creme 1 scoop, 45 g	210	4	1.5	8	1	3	30	120	100	180
Smoothie King Carrot Kale Dream Smoothie 1 smoothie, 20 oz	222	1	0	50	3	40	4	155	0	0
Total	697	13	5.5	90	9.5	43	48.5	970	125	180
Total	**1587**	**40.43**	**14.067**	**199.41**	**27.1**	**45.47**	**98.67**	**2806**	**217**	**915**