Sunday, December 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lemon Juice	3	0	0	1.01	0	0.28	0.04	0	0	15
1/4 lemon yields										
Tea (Brewed)	2	0	0.005	0.71	0	0	0	7	0	88
1 cup (8 fl oz)										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Eggland's Best Extra Large Grade A Eggs	140	9	2	0	0	0	14	150	400	0
2 x 1 egg, 112 g										
Golden Barrel Blackstrap Molasses	50	0	0	13	0	9	0	25	0	320
1 tbsp, 20 g										
True Lemon Original Lemonade	10	0		3	0	1	0	0	0	
1 packet, 3 g										
Total	269	9	2.005	35.02	0	27.53	14.1	183	400	434
Lunch										
Smartfood White Cheddar Cheese Popcorn (100 Calorie)	100	6	1.5	9	1	1	2	180	10	60
1 bag										
Grandma's Mini Sandwich Cremes Vanilla	600	28	8	88		40	8	360		
4 x 9 cookies, 124 g										
Total	700	34	9.5	97	1	41	10	540	10	60
Dinner										
Faygo Red Pop	150	0	0	36	0	36	0	37.5	0	
1 1/2 x 8 fl oz , 360 ml										

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Frito-Lay Funyuns Onion Flavored Rings (Grab Bag)	320	16	2	40	2	2	4	700	0	0
2 x 1 bag, 70.8 g										
Total	470	16	2	76	2	38	4	737.5	0	0

Snacks/Other

Total	1439	59	13.505	208.02	3	106.53	28.1	1460.5	410	494