Wednesday, July 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Heather's Tummy Fibers Organic Acacia Fiber 1 tsp, 2.5 g	10	0		2	2	0	0	0	0	
Axe Naturals Collagen Protein 1 heaping tbsp	28	0	0	0	0	0	7	45	0	0
Vega Protein & Greens Berry Flavor 1/2 x 1 scoop, 14.5 g	55	0.25	0.25	2.5	0.5	1	10	95	0	0
Great Value Frozen Mixed Berries 1/2 cup, 70 g	40	0	0	10.5	4.5	4.5	0.5	0	0	0
Quaker Gluten Free Instant Oatmeal 1 packet, 35 g	140	2.5	0	24	3	0	5	0	0	0
Total	273	2.75	0.25	39	10	5.5	22.5	140	0	0
Lunch										
A&W Root Beer 8 fl oz, 240 ml	120	0		32			0	45		
Sweet Peppers Deli Mediterranean Hummus Plate 1/2 x 1 plate	340	17	2	44	6.5	4	11.5	960	0	
Total	460	17	2	76	6.5	4	11.5	1005	0	
Dinner										
Baked or Fried Coated Chicken Wing with Skin 1 small (yield after cooking, bone removed)	137	9.16	2.258	4.64	0.2	0.1	8.45	136	34	63

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Baked or Fried Coated Chicken Thigh with Skin (Skin/Coating Eaten)	211	12.58	3.22	7.49	0.2	0.17	16.03	233	74	148
1 small (yield after cooking, bone removed)										
Total	348	21.74	5.478	12.13	0.4	0.27	24.48	369	108	211
Snacks/Other										
Gingerbread Cake	263	12.14	3.05	36.41			2.89	242	24	325
1 piece (1/9 8" square)										
Red Velvet Cake	293	13.74	4.061	37.45	1.2	13.89	5.45	249	43	
1 slice										
Total	556	25.88	7.111	73.86	1.2	13.89	8.34	491	67	325
Total	1637	67.37	14.839	200.99	18.1	23.66	66.82	2005	175	536