Monday, July 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Lunch										
Mission Tortilla Strips 2 x 12 chips, 56 g	280	14	4	34	2	0	4	300	0	0
Wholly Guacamole Classic Guacamole 2 x 2 tbsp, 60 g	120	10	2	6	4	0	2	210	0	340
Cooked Pinto, Calico or Red Beans 0.8 cup	251	11.88	1.532	27.13	6.7	0.91	9.29	282	0	453
Wal-Mart 6" Flour Tortillas 2 x 1 tortilla, 66 g	160	2	0	32	2	0	6	192	0	
Egg (Whole) 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	958	47.82	10.631	99.9	14.7	1.68	33.87	1124	423	927
Dinner										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Pei Wei Thai Chicken Lettuce Wraps 0.3 x 1 serving	159	9	2.1	8.7	1.5	3.9	11.4	855	10.5	
Michelob Ultra Light Beer 2 x 1 bottle, 24 oz	190	0	0	5.2	0	0	1.2	0	0	
Total	639	9.5	2.1	53.9	1.5	13.9	42.6	1085	20.5	
Snacks/Other										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1887	57.82	12.731	193.8	16.2	25.58	106.47	2439	453.5	927