Tuesday, May 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jack in the Box Hamburger 1 serving, 108 g	280	12	4.5	30	1	6	14	580	30	230
Jack in the Box Regular Beef Taco 2 x 1 taco, 162 g	344	18	6	32	4	2	12	724	26	362
Total	624	30	10.5	62	5	8	26	1304	56	592
Lunch										
KFC Crispy Chicken Strips (3) 313 g	803	43.24	6.18	35	0	0	65.89	2326.67	175.02	
Dinner										
Snacks/Other										
Total	1427	73.24	16.68	97	5	8	91.89	3630.67	231.02	592