Sunday, February 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sausage Gravy 3/4 cup	281	19.85	6.316	12.65	0.2	7.7	12.51	382	41	335
Plain or Buttermilk Biscuits 1 biscuit (2-1/2" dia)	212	9.78	2.594	26.76	0.9	1.31	4.2	348	2	73
Dunkin' Donuts Coffee with Sugar 1 serving, 10 oz	60	0	0	15	0	12	1	60	0	
Total	553	29.63	8.91	54.41	1.1	21.01	17.71	790	43	408
Lunch										
Vigo Saffron Yellow Rice 1/2 x 1 cup prepared	95	0	0	21.5	0.25	0.5	2.5	365	0	
Pork Loin (Whole, Lean Only) 6 oz	243	9.63	3.317	0	0	0	36.45	88	100	662
Bush's Best Seasoned Black Beans 1/2 x 1/2 cup, 65 g	55	0.25	0	11.5	3.5	0.5	4	225	0	245
Total	393	9.88	3.317	33	3.75	1	42.95	678	100	907
Dinner										
Great Value Bratwurst 1 link	210	18	6	2	0	0	12	580	50	115
Ground Beef (85% Lean / 15% Fat) 9 oz	542	37.8	14.78	0	0	0	46.85	166	171	743
Sunbeam Hamburger Bun 3 x 1 bun, 159 g	420	9	3	69	3	6	18	780	0	
Total	1172	64.8	23.78	71	3	6	76.85	1526	221	858

Sunday, February 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
New Belgium Brewing Ranger IPA 3 x 1 bottle, 36 oz	555	0		54	0	0	3	0	0	
Publix Mojo Pork 3/4 x 1 serving, 4 oz	156	4.5	1.5	4.5			24	48	66.75	
Total	711	4.5	1.5	58.5	0	0	27	48	66.75	
Total	**2829**	**108.81**	**37.507**	**216.91**	**7.85**	**28.01**	**164.51**	**3042**	**430.75**	**2173**