Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Dunkin' Donuts Coffee with Sugar 1 serving, 10 oz	60	0	0	15	0	12	1	60	0	
Simply Potatoes Shredded Hash Browns 128 g	108	0	0	24.61	3.08	0	1.54	84.59	0	
Bacon (Cured, Microwaved, Cooked) 1 1/2 slices cooked	57	4.19	1.361	0.12	0	0	4.34	233	13	56
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Total	**446**	**13.48**	**5.792**	**51.97**	**3.08**	**25.16**	**27.66**	**649.59**	**219**	**589**
Lunch										
Dickey's Barbecue Cole Slaw 1/4 x 6 oz, 42 g	60	4.5	0.62	4.25	0.5	4	0.25	172.5	6.25	
Dickey's Barbecue Brisket 1/2 x 6 oz, 85 g	250	16	7	1	0	0.5	23.5	526.5	88	
Dickey's Barbecue Smoked Sausage 51 g	174	15.6	5.4	0.6	0	0.6	6.9	483	36	
Dickey's Barbecue Barbecue Beans 1/2 x 1 serving, 2 oz	80	0.5	0	15.5	3.5	5	2.5	265	0	
Tyson Foods Boneless Skinless Chicken Breasts	140	4	1.5	0	0	0	25	40	65	0

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4 oz, 112 g										
Carrots	50	0.29	0.045	11.69	3.4	5.54	1.13	84	0	390
2 medium										
Total	754	40.89	14.565	33.04	7.4	15.64	59.28	1571	195.25	390
Dinner										
Dickey's Barbecue Classic Yeast Roll	140	4	1	23	1	4	3	240	0	
1 roll, 43 g										
Dickey's Barbecue Ham	205	14.5	5	0	0	0	18.5	1010	52.5	
1/2 x 6 oz, 85 g										
Dickey's Barbecue Jalapeno Beans	110	0.75	0	20	6.5	1.5	6.5	62.5	0	
1/2 x 4 oz, 56.5 g										
Dickey's Barbecue Pork Tenderloin	125	4.5	1.5	8	0	0	16	560	50	
1/2 x 6 oz, 85 g										
Dickey's Barbecue Green Beans	40	1.75	0.25	5	1	1	1.5	235	2.5	
1/2 x 6 oz, 85 g										
Total	620	25.5	7.75	56	8.5	6.5	45.5	2107.5	105	
Snacks/Other										
New Belgium Brewing Ranger IPA	370	0		36	0	0	2	0	0	
2 x 1 bottle, 24 oz										
Optimum Nutrition Protein Powder (100% Whey Protein)	120	1	0	3	0	0	24	70	0	130
1 scoop, 30.4 g										
Orange Juice	84	0.37	0.045	19.34	0.4	15.62	1.3	2	0	372
3/4 cup										
Total	574	1.37	0.045	58.34	0.4	15.62	27.3	72	0	502

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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	2394	81.24	28.152	199.35	19.38	62.92	159.74	4400.09	519.25	1481