Friday, September 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Hash Brown	150	9	1.5	15	2	0	1	310	0	
1 hash brown, 2 oz										
McDonald's Nonfat Mocha (Large)	330	6	3.5	58	0	50	10	190	10	
1 serving, 20 oz										
McDonald's Sausage Burrito	600	32	14	52	2	4	24	1660	230	
2 x 1 serving										
McDonald's Sausage, Egg & Cheese McGriddle	550	31	12	48	2	15	20	1320	265	
1 serving										
Total	1630	78	31	173	6	69	55	3480	505	
Lunch										
Wendy's Dave's Hot 'N Juicy 3/4 lb. Tripple	1090	66	29	43	3	11	72	1990	255	930
1 burger, 426 g										
Wendy's French Fries (Large)	530	25	5	68	7	0	6	570	0	
1 serving										
Total	1620	91	34	111	10	11	78	2560	255	930
Dinner										
Snacks/Other										
Total	3250	169	65	284	16	80	133	6040	760	930