Wednesday, December 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	98	0.23	0.077	25.66	1.3	21.94	1.02	3	0	271
5 oz										
Lunch										
Smart Chicken Boneless Skinless Chicken Breast Fillets	120	1	0	0	0	0	26	50	65	240
4 oz, 112 g										
Restaurant Style BBQ Sauce	30	0		7	0	5	0	290	0	
2 tbsp, 30 g										
Green Giant French Style Green Beans	70	0	0	14	3.5	7	3.5	1365	0	
3 1/2 x 1/2 cup, 437.5 ml										
Total	220	1	0	21	3.5	12	29.5	1705	65	240
Dinner										
Red Lobster Garlic Shrimp Scampi	150	7	1.5	3	0	0	19	960	0	
1 serving										
Coca-Cola Diet Coke (20 oz Bottle)	0	0	0	0	0	0	0	70	0	0
1 bottle, 591 ml										
Red Lobster Ultimate Feast	430	15	2	20	0	0	38	2280	0	
1 serving										
Red Lobster Parrot Bay Coconut Shrimp	294	8.3	5.35	43.45	1.35	13	8.85	215	35	188
1/2 x 3 pieces										
Red Lobster Coleslaw	200	15	2.5	13			3	250		
1 serving										

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Red Lobster Sides - Fresh Broccoli 1 serving	40	0	0	8	3	0	3	160	0	
Total	1114	45.3	11.35	87.45	4.35	13	71.85	3935	35	188
Snacks/Other										
McDonald's McFlurry with Oreo Cookies 1 serving	510	17	9	79	3	64	12	300	45	
McDonald's Cheeseburger 1 serving, 119 g	290	11		33	2	7	15	680	45	
Jell-O Sugar Free Chocolate Pudding Snack 2 x 1 pudding, 206 g	120	3	2	26	13.8	0	2	340	0	
Wonka Runts Candy 3 x 12 pieces, 45 g	180	0		42	0	39	0	0	0	
Laughing Cow Mini Babybel Light Original 1 piece, 21 g	50	3	2	0	0	0	6	160	15	
Total	1150	34	13	180	18.8	110	35	1480	105	
Total	**2582**	**80.53**	**24.427**	**314.11**	**27.95**	**156.94**	**137.37**	**7123**	**205**	**699**