Saturday, March 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Mini Babybel Light Original	50	3	2	0	0	0	6	160	15	
1 piece, 21 g										
Lunch										
Sonic Diet Dr. Pepper (Large)	0	0	0	0	0	0	0	135	0	
32 oz, 651 g										
KFC Cole Slaw	170	10	1.5	20	2	17	1	150	5	0
1 portion, 4.6 oz										
Wawa American Hoagie	540	24	9.5	46	2	4	31	1750	100	
1 shorti										
Total	710	34	11	66	4	21	32	2035	105	0
Dinner										
Coca-Cola Diet Coke (20 oz Bottle)	0	0	0	0	0	0	0	70	0	0
1 bottle, 591 ml										
Captain Morgan Original Spiced Rum (1 oz)	240	0	0	1.2	0	0	0	32	0	
4 x 1 serving, 4 oz										
KFC Cole Slaw	170	10	1.5	20	2	17	1	150	5	0
1 portion, 4.6 oz										
Earls Grilled Chicken Clubhouse on Ciabatta	595	26.4	4.8	40	2.4	0	46.5	1403	114	
1 serving, 277 g										
Total	1005	36.4	6.3	61.2	4.4	17	47.5	1655	119	0
Snacks/Other										
Nachos with Cheese, Beans, Ground Beef and Peppers	569	30.7	12.487	55.82			19.79	1800	20	451

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 portion (6-8 nachos)										
Laughing Cow Mini Babybel Light Original	100	6	4	0	0	0	12	320	30	
2 x 1 piece, 42 g										
Kind Dark Chocolate Cherry Cashew Bar (Kind Plus)	180	9	2.5	22	3	14	4	20	0	
1 bar										
Total	849	45.7	18.987	77.82	3	14	35.79	2140	50	451
Total	2614	119.1	38.287	205.02	11.4	52	121.29	5990	289	451