Monday, June 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jack in the Box Ultimate Breakfast Sandwich 1 serving, 214 g	521	25	9	42	1	6	32	1675	490	346
Lunch										
Five Guys Onions 1 serving, 26 g	10	0	0	3	1	0	0	1	0	
Five Guys A.1. Original Steak Sauce 1 tbsp, 17 g	15	0	0	3	0	2	0	280	0	
Five Guys Sauteed Mushrooms 1 order, 25 g	10	0	0	1	0	0	1	100	0	
Five Guys Little Cheeseburger 1 cheeseburger, 190 g	550	32	15	39.5	2	8.5	27	690	85	
Five Guys Little Fries 1 serving, 227 g	526	23	4	72	8	2	8	531	0	
Total	1111	55	19	118.5	11	12.5	36	1602	85	
Dinner										
Master Choice Baby Carrots 3/4 cup	40	0	0	9	2	6	1	30	0	
Allens Turnip Greens Seasoned Southern Style 1/2 cup	35	0	0	4	2	1	1	490	0	
Bush's Best Pinto Beans 1/2 cup, 130 g	100	0	0	18	7	0	6	450	0	310
Meat Loaf Made with Beef in Tomato-Based Sauce 1 medium slice	240	13.92	4.646	9.44	0.8	3.08	18.26	617	88	404

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Cracker Barrel Cornbread Muffin	540	10	4	100	0	6	12	1320	10	
2 x 1 muffin										
Total	955	23.92	8.646	140.44	11.8	16.08	38.26	2907	98	714
Snacks/Other										
Total	2587	103.92	36.646	300.94	23.8	34.58	106.26	6184	673	1060