Sunday, September 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Red Baron French Bread Singles - Three Meat Pizza 1 pizza, 156 g	390	16	7	43	2	3	17	1080	30	
Lunch										
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Dinner										
Keva Juice Bananarama (24 oz) 1 serving	440	2		104.8	6.2	0	8.6	0	0	
Olive Garden Strawberry Frozen Margarita 1 serving	340	0	0	67			18	25		
Chipotle Mexican Grill Barbacoa Tacos 3 tacos	495	22.5		39	8	7	35	1260	90	
Total	1275	24.5	0	210.8	14.2	7	61.6	1285	90	
Snacks/Other										
General Mills Cocoa Puffs 1 cup, 36 g	100	1.5	0	23	2	10	1	150	0	70
Total	**1854**	**48.76**	**8.88**	**277.23**	**18.2**	**20.38**	**85.84**	**2753**	**330**	**137**