Saturday, May 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Simply Orange Orange Juice (Pulp Free) 1 cup, 8 oz	110	0	0	26	0	22	2	0	0	450
Coffee (Brewed From Grounds) 12 fl oz	4	0.07	0.007	0	0	0	0.43	7	0	174
Quik Trip Cinnamon Roll 1 Roll	390	5		79	0	8	7	450		
Total	504	5.07	0.007	105	0	30	9.43	457	0	624
Lunch										
Texas Roadhouse Bacon Cheeseburger 1 serving	950	56	21	52	6	10	56	1630	175	
Ruby Tuesday Sweet Potato Fries 1 serving	330	12	0	54	9	0	6	660	0	0
Total	1280	68	21	106	15	10	62	2290	175	0
Dinner										
Freddy's Brownie Delight Sundae Mini	531	27	14	57	2	44	13	216	114	
Snacks/Other										
Market Pantry Protein Meal Bar Chocolate Peanut Butter 1 bar, 45 g	180	6	4	24	5	14	10	230	0	75
Total	**2495**	**106.07**	**39.007**	**292**	**22**	**98**	**94.43**	**3193**	**289**	**699**