Saturday, April 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Philadelphia 1/3 Less Fat Strawberry Cream Cheese 2 tbsp, 32 g	70	4.5	2.5	6	0	5	2	120	20	
Einstein Brothers Bagels Cinnamon Raisin Swirl Bagel 1 bagel, 108 g	290	1	0	63	3	13	10	450	0	
Quik Trip Cinnamon Roll 1/2 x 1 Roll	195	2.5		39.5	0	4	3.5	225		
Coffee (Brewed From Grounds) 12 fl oz	4	0.07	0.007	0	0	0	0.43	7	0	174
Simply Orange Orange Juice (Pulp Free) 1 cup, 8 oz	110	0	0	26	0	22	2	0	0	450
Total	669	8.07	2.507	134.5	3	44	17.93	802	20	624
Lunch										
Freddy's Regular Fries 1/2 x Full Order	201	10.5	2	25.5	3	0	1.5	106	0	
Freddy's Original Steakburger w/o Cheese 1 Burger	532	24		36	2	10	43	895	129	
Freddy's Turtle Concrete 1 mini	667	35		76	2		10		112	
Total	1400	69.5	2	137.5	7	10	54.5	1001	241	
Dinner										
Campbell's Select Harvest Creole Style Chicken with Red Beans and Rice Soup 1 cup, 240 g	130	3	1.5	18	2	4	7	650	20	

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Snacks/Other										
PowerBar Performance Energy - Peanut Butter 1 bar, 65 g	240	4	1	44	1	26	9	200	0	105
Total	**2439**	**84.57**	**7.007**	**334**	**13**	**84**	**88.43**	**2653**	**281**	**729**