Wednesday, May 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Herbal Tea (Other Than Chamomile, Brewed)	14	0	0.027	2.72	0	0	0	14	0	122
48 oz										
Poached Egg	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
1 large										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Total	178	5.28	1.684	26.17	2.6	12.73	7.36	162	211	550
Lunch										
Dinner										
Coors Blue Moon Beer	164	0	0	13	0	0	2	7.5	0	
1 bottle, 12 oz										
Sweet Cherries	111	0.35	0.067	28.1	3.7	22.5	1.86	0	0	390
1 1/2 cups, with pits, yields										
Baked or Broiled Shrimp	431	14.08	2.657	3.28	0	0	68.52	1434	512	627
10 oz of										
Total	706	14.43	2.724	44.38	3.7	22.5	72.38	1441.5	512	1017
Snacks/Other										
Total	**884**	**19.71**	**4.408**	**70.55**	**6.3**	**35.23**	**79.74**	**1603.5**	**723**	**1567**