Monday, June 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Waffle House Ham & Cheese Omelet	662	55	16	10	0	7	31	1490	490	170
1 omelet, 250 g										
Waffle House Raisin Toast	71	1	0	14	1	2	2	102	0	0
1 serving										
Total	733	56	16	24	1	9	33	1592	490	170
Lunch										
Sushiya All Star Combo	500	26	5	52	6	14	6	1500	20	
2 x 4 pieces, 280 g										
Dinner										
Snacks/Other										
Orville Redenbacher's Movie Theater Butter Popcorn	150	45	20	95	15	0	10	1250	0	600
5 x 1 cup popped, 170 g										
Total	**1383**	**127**	**41**	**171**	**22**	**23**	**49**	**4342**	**510**	**770**