Thursday, June 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oscar Mayer Traditional Bacon	105	9	3.75	0	0	0	6	240	15	
1 1/2 x 2 slices, 21 g										
Kirkland Signature Egg Whites	100	0	0	0	0	0	20	300	0	
4 x 3 tbsp, 184 g										
Kirkland Signature Fancy Shredded Mexican 4 Cheese Blend	55	4.5	3	0.38	0	0.3	3	85	12.5	
1/2 x 1/3 cup, 14 g										
Kroger Chopped Onions	15	0	0	3	0.5	1.5	0	5	0	
1/2 x 2/3 cup, 42.5 g										
Sweet Red Peppers	7	0.09	0.017	1.71	0.6	1.19	0.28	1	0	60
1 oz										
PAM Original No-Stick Cooking Spray	16	2	0	0			0		0	
4 x 1/2 second spray, 2 g										
Splenda No Calorie Sweetener Packets	12	0		2.7	0	0	0	0	0	
3 x 1 packet, 3 g										
McDonald's Premium Roast Coffee (Small)	0	0	0	0	0	0	0	0	0	0
1 cup, 12 oz										
Tap Water	0	0	0	0	0	0	0	9	0	
2 cups										
Total	310	15.59	6.767	7.79	1.1	2.99	29.28	640	27.5	60
Lunch										
Stonewall Kitchen Chimichurri Steak Sauce	140	14	1.5	2	0	1	0	380	0	
2 tbsp, 30 ml										
Tap Water	0	0	0	0	0	0	0	9	0	

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2 cups										
Tuscan Garden Olive Oil & Vinegar Dressing	150	16	2.5	1	0	0	0	150	0	
2 tbsp, 30 ml										
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
Beef Inside Skirt Steak (Lean Only, Trimmed to 1/4" Fat)	372	18.69	7.122	0	0	0	47.81	152	129	837
8 oz										
Total	677	48.84	11.142	6.27	1.3	2.94	48.8	702	129	992
Dinner										
KFC Diet Pepsi (20 oz)	0	0	0	0	0	0	0	65	0	
1 serving, 20 oz										
KFC Grilled Double Down Sandwich	480	25	9	4	0	2	60	1770	175	
1 sandwich										
Total	480	25	9	4	0	2	60	1835	175	
Snacks/Other										
Cabot Pepper Jack Cheese	110	9	6	0	0	0	7	170	30	
1 cube, 28 g										
Pepperidge Farm Goldfish Original Crackers	21	0.75	0.15	3	0.14	0	0.45	37.5	1.5	
4 g										
Total	131	9.75	6.15	3	0.14	0	7.45	207.5	31.5	
Total	**1598**	**99.18**	**33.059**	**21.06**	**2.54**	**7.93**	**145.53**	**3384.5**	**363**	**1052**