Friday, December 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Coffee Creamer 2 x 1 container, 0.8 oz	40	4	3	0	0	0	0	30	20	
McDonald's Grape Jam 1 serving, 14 g	35	0	0	9	0	9	0	0	0	
McDonald's Biscuit (Regular) 1 serving, 76 g	260	12	7	33	2	2	5	740	0	
Total	335	16	10	42	2	11	5	770	20	
Lunch										
Yogurt 1 4.4 oz container	124	1.44	0.928	23.3	0	23.3	4.98	66	6	221
Nature Valley Crunchy Granola Bars - Oats 'N Honey 2 bars, 42 g	190	6	0.5	29	2	12	4	160	0	
Kraft Easy Mac Cups - Original 1 package, 58 g	220	3	1.5	41	0	6	6	470	5	
Total	534	10.44	2.928	93.3	2	41.3	14.98	696	11	221
Dinner										
Vodka 4 jiggers	388	0	0	0	0	0	0	2	0	3
Amy's Organic Lentil Soup 1 1/2 x 1 can, 616.5 g	270	7.5	1.5	37.5	9	4.5	12	885	0	
Total	658	7.5	1.5	37.5	9	4.5	12	887	0	3
Snacks/Other										
Kellogg's Pop-Tarts Frosted - Strawberry	200	5	1.5	38	1	17	2	170	0	0

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 pastries, 96 g										
Total	**1727**	**38.94**	**15.928**	**210.8**	**14**	**73.8**	**33.98**	**2523**	**31**	**224**