## Sunday, July 2, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Hereford Corned Beef Hash | 615 | 37.5 | 15 | 27 | 3 | 4.5 | 39 | 1650 | 127.5 | |
| 1 1/2 x 1 cup, 330 g | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| Bologna and Cheese Sandwich with Spread | 346 | 19.35 | 7.95 | 29.3 | 1.2 | 5.21 | 13.36 | 941 | 40 | 215 |
| 1 sandwich | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Tortilla Corn Chips | 439 | 21.02 | 2.212 | 58.79 | 4.8 | 0.9 | 7.01 | 379 | 0 | 194 |
| 3 10 chip servings | | | | | | | | | | |
| Ruby Tuesday Spinach Artichoke Dip | 300 | 19 | | 25 | 2 | | 7 | | | |
| 1 serving | | | | | | | | | | |
| Baked Beans with Pork (Canned) | 268 | 3.92 | 1.515 | 50.55 | 13.9 | | 13.13 | 1047 | 18 | 782 |
| 1 cup | | | | | | | | | | |
| Hamburger Buns | 150 | 2 | | 29 | 1 | 5 | 4 | 260 | 0 | |
| 1 bun, 53 g | | | | | | | | | | |
| Ketchup | 22 | 0.09 | 0.012 | 5.64 | 0.1 | 5.12 | 0.39 | 251 | 0 | 86 |
| 1 1/2 tbsps | | | | | | | | | | |
| onion slice | 16 | 0.03 | 0.01 | 3.84 | 0.5 | 1.63 | 0.35 | 1 | 0 | 55 |
| 1 slice large (1/4" thick) | | | | | | | | | | |
| cheese slice | 94 | 6.93 | 4.353 | 2.36 | 0 | | 5.57 | 274 | 18 | 103 |
| 1 oz | | | | | | | | | | |
| hamburger patty | 240 | 17 | 0 | 0 | 0 | 0 | 21 | 65 | 50 | |
| 1 patty, 4 oz | | | | | | | | | | |
| pickles | 9 | 0.09 | 0.023 | 1.98 | 0.6 | 1.68 | 0.3 | 615 | 0 | 56 |
| 8 slices | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|
| tomato | 4 | 0.04 | 0.009 | 0.78 | 0.2 | 0.53 | 0.18 | 1 | 0 | 47 |
| 1 medium slice (1/4" thick) | | | | | | | | | | |
| Total | 1542 | 70.12 | 8.134 | 177.94 | 23.1 | 14.86 | 58.93 | 2893 | 86 | 1323 |
| **Snacks/Other** | | | | | | | | | | |
| Licorice | 165 | 0.02 | 0 | 41.16 | 0.1 | 30.8 | 0 | 22 | 0 | 16 |
| 4 sticks | | | | | | | | | | |
| Anheuser-Busch Rolling Rock | 260 | 0 | | 20 | 0 | 0 | 2 | 0 | 0 | 0 |
| 2 x 1 bottle, 24 oz | | | | | | | | | | |
| Total | 425 | 0.02 | 0 | 61.16 | 0.1 | 30.8 | 2 | 22 | 0 | 16 |
| Total | 2928 | 126.99 | 31.084 | 295.4 | 27.4 | 55.37 | 113.29 | 5506 | 253.5 | 1554 |