Monday, May 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Bonefish Grill Baja Fish Tacos 2 tacos	250	8	0	16	2	0	16	500	0	
Buffalo Wild Wings Boneless Wings 1 1/2 x 16 wings	792	54	18	27	0	0	45	1602	189	0
Steak 3 oz boneless, cooked	213	12.62	4.937	0	0	0	23.3	316	69	257
Total	1255	74.62	22.937	43	2	0	84.3	2418	258	257
Snacks/Other										
Champps Greek Chicken Salad 1 salad	689	47		23	7		44			
Chocolate Chip Cookie Dough 2 portions dough spoons from a roll	257	11.83	3.903	35.61	0.9		2.55	121	14	104
Marshmallow Topping 10 tbsps	200	0.19	0.035	48.98	0.1	29.02	0.5	50	0	3
Marshmallows 12 regular	275	0.17	0.048	70.24	0.1	49.73	1.56	69	0	4
Menchies Cake Batter Frozen Yogurt 5 x 1/2 cup, 20 oz	650	5		140	0		20			
Total	2071	64.19	3.986	317.83	8.1	78.75	68.61	240	14	111
Total	**3326**	**138.81**	**26.923**	**360.83**	**10.1**	**78.75**	**152.91**	**2658**	**272**	**368**