Tuesday, June 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Fresh & Easy Mixed Fruit 1 container, 6 oz	80	0	0	21	3	17	0	10	0	320
Open Nature Blueberry Greek Frozen Yogurt Bar 1 bar, 65 g	110	3	2	17	0	16	4	70	15	
Trader Joe's Wild Blueberry Pie 66 g	118	2.08	1.04	25.02	1.39	14.6	1.39	69.5	0	
Sweet Baby Ray's Teriyaki Marinade & Sauce 2 x 1 tbsp, 30 ml	40	0	0	8	0	6	0	520	0	0
Bush's Best Onion Baked Beans 1/2 cup, 130 g	140	1	0	29	5	12	6	550	0	
Baby Carrots 10 large	52	0.2	0.034	12.36	2.7	7.14	0.96	117	0	356
Wegmans BBQ Pulled Pork 115 g	230	9.85	4.1	11.49	0	9.85	20.52	755.32	57.47	
Total	770	16.13	7.174	123.87	12.09	82.59	32.87	2091.82	72.47	676
Dinner										
Snacks/Other										
Sierra Nevada Pale Ale 2 x 1 bottle, 24 oz	350	0	0	28.2	0	0	3	0	0	
Total	**1120**	**16.13**	**7.174**	**152.07**	**12.09**	**82.59**	**35.87**	**2091.82**	**72.47**	**676**