Saturday, July 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Bakery Whole Wheat Fig Bar	110	2.5	0	20	2	10	2	45	0	
1 bar, 28 g										
Lunch										
Naked chicken burrito	575	16		68			37			
15.6										
Qdoba Mexican Grill Tortilla Chips (Small)	140	6.5	1.25	18.5	2	0.5	1.5	57.5	0	0
1/2 x 1 serving, 1 oz										
Total	715	22.5	1.25	86.5	2	0.5	38.5	57.5	0	0
Dinner										
Firehouse Subs Hook & Ladder Light	448	17	3	52	2	12	30	1416	71	
1 sandwich										
Lay's Kettle Cooked 40% Less Fat Jalapeño Cheddar	190	8	1.5	26	2	2	3	180		
1 serving, 38.9 g										
Total	638	25	4.5	78	4	14	33	1596	71	
Snacks/Other										
Nature's Bakery Whole Wheat Fig Bar	110	2.5	0	20	2	10	2	45	0	
1 bar, 28 g										
Dole Banana Dippers	100	4.5	3	13	4	7	1	10	0	150
4 slices, 44 g										
Pistachio Nuts	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
1 oz (49 kernels)										
Purity Ice Cream Sandwich	130	2	1	26	0	14	2	125	5	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 sandwich, 56 g										
Kirkland Signature Weight Loss Shake	230	2	0.5	44	4	38	10	360	0	670
1 can, 325 ml										
Total	728	23.6	6.042	110.93	12.9	71.17	20.84	540	5	1111
Total	**2191**	**73.6**	**11.792**	**295.43**	**20.9**	**95.67**	**94.34**	**2238.5**	**76**	**1111**