Sunday, May 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Arnold 100% Natural Whole Wheat Bread	110	1	0	20	3	4	5	150	0	
1 slice, 33 g										
Roundy's Maple Breakfast Sausage	190	16	6	2	0	2	9	540	35	
3 links , 55 g										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Total	351	22.76	9.647	22	3	6	14.06	691	50	2
Lunch										
Chocolate Glazed Eclairs (Custard Filled)	262	15.7	4.119	24.2	0.6	6.6	6.4	337	127	117
1 eclair (5" x 2" x 1-3/4")										
Syrup	53	0.01	0.003	13.71	0.1	9.79	0	17	0	5
1 tbsp										
Plain Waffles	55	2.64	0.537	6.17			1.48	96	13	30
1/4 round (7" dia)										
Fried Battered Oysters	166	10.05	2.316	11.19	0.4	0.42	7.29	422	77	134
3 pacific oysters, cooked										
Perkins Restaurant Breakfast Potatoes	125	6	1.75	16	2.5	0	1.5	290	0	
1/2 x 1 serving, 70.55 g										
Kroger Hardwood Smoked Sugar Cured Sliced Bacon	160	12	5	0	0	0	12	320	30	
2 x 2 slices, 48 g										
Total	821	46.4	13.725	71.27	3.6	16.81	28.67	1482	247	286
Dinner										
Beer	155	0	0	12.78	0	0	1.66	14	0	97

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1 can or bottle (12 fl oz)										
Publix Large Shrimp	300	4.5	0	0	0	0	63	720	510	660
3 x 4 oz cooked, 339 g										
Total	455	4.5	0	12.78	0	0	64.66	734	510	757
Snacks/Other										
Klondike Original Ice Cream Bar	250	14	11	29	1	23	3	55	10	
1 bar, 86 g										
Red Vines Original Red Twists	140	0	0	34	0	16	1	20	0	0
3 twists, 30 g										
Publix Banana Bran Muffins	140	8.5	1	15.5	0.5	9.5	2	95	15	
1/2 x 1 muffin										
Total	530	22.5	12	78.5	1.5	48.5	6	170	25	0
Total	**2157**	**96.16**	**35.372**	**184.55**	**8.1**	**71.31**	**113.39**	**3077**	**832**	**1045**