Saturday, March 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
El Monterey Egg, Sausage, Cheese & Potato Breakfast Burrito 1 burrito, 128 g	270	12	4.5	30	1	1	11	550	85	
Hostess Apple Danish 1 danish	420	16	8	63	2	30	6	400	10	
Total	690	28	12.5	93	3	31	17	950	95	
Lunch										
Ivar's 4 Piece Fish 'n Chips 1/2 x 1 serving, 214 g	303	1.5	1.5	37			20.5	834		
Red Lobster New England Clam Chowder (Cup) 1/4 x 1 cup	50	3.5	2	3	0	0	1.75	187.5	0	
Total	353	5	3.5	40	0	0	22.25	1021.5	0	
Dinner										
Smithfield Pork Back Ribs 2 x 4 oz, 224 g	460	32	12	0	0	0	38	520	140	
Ruffles Original Potato Chips 4 x 12 chips, 4 oz	640	40	6	60	4	4	8	640	0	1360
Total	1100	72	18	60	4	4	46	1160	140	1360
Snacks/Other										
New Belgium Brewing Fat Tire Amber Ale 2 x 1 bottle, 24 oz	310	0		27.4	0	27.4	0	0	0	
Total	**2453**	**105**	**34**	**220.4**	**7**	**62.4**	**85.25**	**3131.5**	**235**	**1360**