Tuesday, November 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee with Cream and Sugar 1 1/2 coffee cups (6 fl oz)	75	2.13	1.942	13.72	0	12.76	0.56	17	0	
Silk Pure Almond Milk - Original 1 cup, 240 ml	60	2.5	0	8	1	7	1	160	0	60
General Mills Rice Chex Cereal 2 x 1 1/3 cups, 80 g	200	1	0	46	2	4	4	480	0	90
Total	335	5.63	1.942	67.72	3	23.76	5.56	657	0	150
Lunch										
Burger King Sausage, Egg & Cheese Croissan'wich 1 sandwich, 158 g	500	33	12	32	1	5	19	930	190	
Dinner										
Popeyes Chicken & Biscuits Biscuits 1/2 x 1 serving	130	7.5	3.5	13	1	0.5	2	225	0	
Twix Twix Minis (1) 4 x 1 bar	200	9.32	5.32	26	0	20	1.32	73.32	0	
Graham Crackers 2 large rectangular piece or 2 squares or 4 small rectangular pieces servings	118	2.83	0.425	21.5	0.8	8.71	1.93	169	0	38
Total	448	19.65	9.245	60.5	1.8	29.21	5.25	467.32	0	38
Snacks/Other										
Total	**1283**	**58.28**	**23.187**	**160.22**	**5.8**	**57.97**	**29.81**	**2054.32**	**190**	**188**