Friday, October 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Apples 3/4 medium (2-3/4" dia) (approx 3 per lb)	54	0.18	0.029	14.29	2.5	10.75	0.27	1	0	111
Publix Mini Cannoli 1 mini cannoli	71	4	1	7	1	4	0	15	5	
Dunkin' Donuts Chocolate Frosted Donut 1/2 x 1 serving	135	7.5	3.5	15.5	0.5	6.5	1.5	170	0	
Coffee with Cream and Sugar 1/2 coffee cup (6 fl oz)	25	0.71	0.647	4.57	0	4.25	0.19	6	0	
Total	285	12.39	5.176	41.36	4	25.5	1.96	192	5	111
Lunch										
Burrito with Beef, Beans, Cheese and Sour Cream 1/2 medium	226	9.93	3.964	23.11	2.8	1.81	10.79	393	26	281
Enchilada with Beef and Cheese 1 enchilada	212	11.94	5.182	16.57	2.7	2.15	10.52	215	31	352
Taco or Tostada with Beef, Cheese, Lettuce, Tomato and Salsa 2 tacos or tostadas	347	20.5	7.584	21.91	3.2	2.19	19.34	455	58	417
Total	785	42.37	16.73	61.59	8.7	6.15	40.65	1063	115	1050
Dinner										
Papa John's Garlic Knots 3/4 x 1 serving	165	6.75	1.5	21.75	0.75	1.5	3.75	382.5	0	
Sbarro Skinny Slice 2 x 1 slice	540	16		84	2	2	20	2000	2	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	705	22.75	1.5	105.75	2.75	3.5	23.75	2382.5	2	
Snacks/Other										
Publix Mini Cannoli 1 mini cannoli	71	4	1	7	1	4	0	15	5	
Kellogg's Apple Jacks 1 1/3 cups, 39 g	110	1	0.5	25	3	12	1	130	0	30
Beer 32 fl oz	413	0	0	34.08	0	0	4.42	38	0	259
Nachos with Chili 3/4 cup	164	7.99	2.344	19.42	4.5	1.26	5.95	502	15	340
Total	758	12.99	3.844	85.5	8.5	17.26	11.37	685	20	629
Total	**2533**	**90.5**	**27.25**	**294.2**	**23.95**	**52.41**	**77.73**	**4322.5**	**142**	**1790**