Saturday, July 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Johnsonville Sausage Patty 1 patty, 32 g	100	9	3	0			5	220	20	
Kraft Velveeta Cheese 1/4 " slice, 28 g	70	4	2.5	3	0	2	4	410	15	0
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Total	266	19.9	7.394	3.71	0	2.38	16.09	882	245	401
Lunch										
Planters Trail Mix Nuts, Seeds & Raisins 3 x 3 tbsp, 93 g	390	27	3	30	6	18	15	15	0	570
Lay's Classic BLT Potato Chips 15 chips, 1 oz	160	10	1.5	15	1	1	2	150	0	320
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Gatorade G2 Perform 02 - Grape (12 oz) 2 1/2 x 1 bottle, 900 ml	75	0	0	17.5	0	17.5	0	400	0	112.5
Lay's Kettle Cooked Original Extra Crunchy Potato Chips 2 x 16 chips, 56 g	320	18	3	32	2	2	4	180	0	740
Kraft Velveeta Cheese 1/4 " slice, 28 g	70	4	2.5	3	0	2	4	410	15	0
Ground Beef (80% Lean / 20% Fat, Patty, Cooked, Broiled) 2 patties	417	27.44	10.42	0	0	0	39.66	116	140	468

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Total	1478	86.67	20.444	108.98	9.6	49.92	65.59	1273	155	2380.5
Dinner										
Colby Jack Cheese 1 slice (1 oz)	109	8.85	5.569	0.46	0	0.14	6.84	162	26	29
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Bologna 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	87	6.97	2.637	1.56	0	1.25	4.31	209	17	89
KFC Cole Slaw 1 portion, 4.6 oz	170	10	1.5	20	2	17	1	150	5	0
Smokey Bones BBQ Baked Beans Side 1 serving, 168 g	250	1	0	55	4	41	5	660	3	
Famous Dave's Baby Back Ribs 6 ribs	570	34	12	17	1	10	52	1190	180	
Shiner Shiner Bock 3 x 1 bottle, 36 g	426	0	0	38.7	0	0	0	0	0	
Total	1708	68.21	26.123	134.69	7	71.22	74.52	2739	254	118
Snacks/Other										
Maker's Mark Bourbon Whiskey 3 x 1 shot, 3 oz	207	0		0	0	0	0	0	0	
Russell Stover Sugar Free Pecan Delights 1/2 x 2 pieces, 17 g	80	6	3	9.5	8.5	0	1	17.5	2.5	
Spring Valley Glucosamine Chondroitin 2 tablets	11	0	0	2.5			0	160	0	0

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Spring Valley Omega 3 Fish Oil 2 softgels, 1.2 g	30	2	0.5	0	0	0	1	0	15	
Green & Black's Maya Gold Dark Chocolate 1/2 x 12 pieces, 20 g	110	7	4	11	1.5	8.5	1.5	5	0	
Total	438	15	7.5	23	10	8.5	3.5	182.5	17.5	0
Total	3890	189.78	61.461	270.38	26.6	132.02	159.7	5076.5	671.5	2899.5