Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Gravy Biscuit 1 serving, 9.2 oz	570	36	13	50	3	4	13	1610	25	
Lunch										
Mashed Potatoes (Whole Milk and Butter Added) 1 cup	237	8.86	4.364	35.22	3.2	3	3.93	666	23	601
Fried Battered Fish 1 fillet (6-1/4" x 3-1/2" x 3/8")	267	15.24	3.205	8.99	0.3	0.55	22.41	174	88	437
Fried or Battered Breaded Floured Shrimp 10 medium (shelled)	269	13.49	2.848	12.95	0.6	0.59	22.77	536	201	217
Total	773	37.59	10.417	57.16	4.1	4.14	49.11	1376	312	1255
Dinner										
South Beach Diet Snack Bars - Whipped Peanut Butter 1 bar, 228 g	100	4	2.5	14	6	7	6	95	0	
Subway Pepperoni Flatizza 1 serving, 162 g	500	26	12	43	2	4	26	1340	60	
Total	600	30	14.5	57	8	11	32	1435	60	
Snacks/Other										
Total	1943	103.59	37.917	164.16	15.1	19.14	94.11	4421	397	1255