Thursday, December 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Golden Corral White Gravy	168	7.5	3	12	0	6	0	480	0	
3 x 1 serving, 6 oz										
Kraft Finely Shredded Mild Cheddar Cheese	55	4.5	3	0.5	0	0	3	90	12.5	
1/2 x 1/4 cup, 14 g										
Egg Beaters All Natural 100% Egg Whites	75	0	0	3	0	0	15	225	0	180
3 x 3 tbsp, 138 g										
De Wafelbakkers Frozen Buttermilk Pancakes	270	7	1	45	1	12	5	590	10	0
3 pancakes, 117 g										
Total	568	19	7	60.5	1	18	23	1385	22.5	180
Lunch										
Kraft American Cheese Slice	120	8	5	4	0	2	6	400	30	
2 x 1 slice, 38 g										
Lean Cuisine Marketplace Cheese & Bean Enchilada Verde	290	9	3	42	6	7	9	550	10	380
1 package, 266 g										
black beans and corn mix	130	4		38	10	2	10	700	0	
2 x 1/2 cup										
Total	540	21	8	84	16	11	25	1650	40	380
Dinner										
Cabbage	21	0.11	0.014	4.97	2	3.19	1.28	16	0	219
1 cup chopped										
Pork Loin (Tenderloin)	231	9.2	3.181	0	0		34.94	83	112	611
6 oz										
Total	252	9.31	3.195	4.97	2	3.19	36.22	99	112	830

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	1360	49.31	18.195	149.47	19	32.19	84.22	3134	174.5	1390