Thursday, June 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Clif Bar Builder's Bar - Chocolate Mint 1 bar, 68 g	270	9	6	29	2	22	20	200	0	190
Jimmy Dean Ham & Cheese Croissant Sandwiches 1 sandwich, 196 g	260	13	4	29	1	5	12	760	25	0
Total	530	22	10	58	3	27	32	960	25	190
Lunch										
Publix Philly Cheese Steak Sub 1 serving	655	39	24	25	5	11	51	221	121	
Deep Fried Potato French Fries (from Frozen) 2 10 strip portions (1" to 2")	223	11.92	2.824	26.27	2.4	0.48	2.63	135	0	387
Total	878	50.92	26.824	51.27	7.4	11.48	53.63	356	121	387
Dinner										
Snacks/Other										
Anheuser-Busch Budweiser Beer 2 x 1 bottle, 24 oz	290	0	0	21.2	0	0	2.6	40	0	
Miller Brewing Company High Life Beer 5 x 12 fl oz, 1680 ml	715	0		65.5	0	0	5	35	0	
Coffee-Mate Vanilla Caramel Liquid Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	3	10	0	10	0.2	70	0	
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223

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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	1080	3.09	3.009	96.89	0	10	8.37	154	0	223
Total	2488	76.01	39.833	206.16	10.4	48.48	94	1470	146	800