Sunday, July 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Hungry-Man Roasted Carved White Meat Turkey 1 package, 454 g	420	10	3	61	4	22	18	1290	35	
Dinner										
Stouffer's Signature Classics Fish Filet 1 package, 255 ml	400	19	5	35	1	2	22	800	55	0
Green Peas 2 1/2 cups	294	1.45	0.257	52.42	18.5	20.55	19.65	18	0	884
Total	694	20.45	5.257	87.42	19.5	22.55	41.65	818	55	884
Snacks/Other										
Canadian Club Whiskey 3/4 x 1 serving, 1 oz	52	0		0			0			
Canadian Club Whiskey 1 1/2 x 1 serving, 1.5 oz	104	0		0			0			
Canadian Club Whiskey 1 1/2 x 1 serving, 1.5 oz	104	0		0			0			
Canadian Club Whiskey 1 1/2 x 1 serving, 1.5 oz	104	0		0			0			
Canadian Club Whiskey 1 1/2 x 1 serving, 1.5 oz	104	0		0			0			
Canadian Club Whiskey 1 1/2 x 1 serving, 1.5 oz	104	0		0			0			
Canadian Club Whiskey	104	0		0			0			

Sunday, July 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 1 serving, 1.5 oz										
Total	676	0		0			0			
Total	**1790**	**30.45**	**8.257**	**148.42**	**23.5**	**44.55**	**59.65**	**2108**	**90**	**884**