Saturday, August 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ketchup 1 tbsp	15	0.06	0.008	3.76	0	3.42	0.26	167	0	57
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Irish Soda Bread 1 serving (74 g)	214	3.67	0.772	41.51	1.8	14.46	4.86	283	13	196
Total	376	13.67	3.879	46.04	1.8	18.65	17.7	590	436	387
Lunch										
Watermelon 2 cups diced	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
Dinner										
Olive Garden Italian Salad Dressing 2 tbsp, 30 g	80	8	1	2		2	0	510	5	
Grape Tomatoes 3 grape	4	0.05	0.011	0.93	0.3	0.62	0.21	1	0	
Whole Wheat Spaghetti 1 cup cooked	172	0.76	0.138	36.93	6.3	1.12	7.42	328	0	62
No Name 5% Sour Cream 1/2 x 2 tbsp, 15 ml	15	0.75	0.5	1.5	0	1	0.5	17.5	2.5	0
Baked Potato (Peel Not Eaten) 1/2 medium (2-1/4" to 3" dia, raw)	60	0.07	0.017	14.01	1	1.11	1.28	188	0	254
Beef Tenderloin (Trimmed to 1/8" Fat) 4 oz	280	20.59	8.309	0	0	0	22.24	57	75	342
Total	611	30.22	9.975	55.37	7.6	5.85	31.65	1101.5	82.5	658

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Snacks/Other										
Red Table Wine	500	0	0	15.35	0	3.65	0.41	24	0	747
4 5 fl oz servings										
Total	1578	44.35	13.903	139.71	10.6	47	51.61	1718.5	518.5	2132