

Sunday, October 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Sunny Meadow Boiled Egg	70	5	1.5	0	0	0	6	70	185	70
1 egg, 50 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Eggo Thick & Fluffy Waffles - Original	160	7	2	21	1	3	4	300	0	50
1 waffle, 55 g										
Wild Blueberry Spread	27	0	0	7.25	0.6	6.02	0	0	0	
1 serving										
Maple Grove Farms Pure Maple Syrup	21	0	0	5.3	0	5.3	0	0	0	
6 ml										
Total	303	13.09	3.509	35.74	1.6	14.32	10.57	379	185	383
Lunch										
Dinner										
Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat)	138	10.19	4.113	0	0	0	10.9	35	37	164
2 oz										
Cilantro	0	0.01	0	0.04	0	0.01	0.02	1	0	6
1 sprig										
Young Green Onions (Tops Only)	2	0.01	0.001	0.34	0.2	0.13	0.11	0	0	16
1 tbsp										
American Heritage Cheddar Shredded Cheese	55	4.5	3	0.5	0	0	3.5	90	15	

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1/2 x 1/4 cup, 14 g										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 36 g										
Rosarita Refried Beans	90	1.88	0.75	13.5	4.5	0	4.5	405	0	
3/4 x 1/2 cup, 96 g										
Samuel Adams Octoberfest Beer	190	0		18.7	0	0	0	0	0	
1 bottle, 12 oz										
Total	585	19.09	8.864	52.08	5.7	1.14	22.03	841	52	186
Snacks/Other										
Stacy's Pita Chip Company Simply Naked Pita Chips	65	2.5	0.25	9.5	0.5	0.5	1.5	135	0	0
1/2 x 10 chips, 14 g										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Kirkland Signature Organic Hummus	40	3	0.38	2.5	0.75	0.25	1	70	0	
1/4 x 1 container, 17 g										
Total	230	5.5	0.63	15.84	1.25	1.66	2.6	211	0	187
Total	1118	37.68	13.003	103.66	8.55	17.12	35.2	1431	237	756