Saturday, May 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Chocolate Frosted Cake Donut	370	23	10	45	1	20	4	320	25	
1 serving										
Fried Egg	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
1 large										
Bacon	130	10.03	3.297	0.34	0	0	8.89	554	26	136
3 medium slices (yield after cooking)										
Coffee with Milk	6	0.15	0.082	0.84	0	0.22	0.33	6	0	
1 coffee cup (6 fl oz)										
Total	598	40.22	15.354	46.58	1	20.6	19.49	974	261	204
Lunch										
Tillamook Medium Cheddar Cheese	110	9	6	0	0	0	7	170	25	0
1 oz, 28 g										
Kroger Saltines Unsalted Tops Crackers	60	1.5	0.5	10	1	0	1	40	0	
5 crackers, 14 g										
Total	170	10.5	6.5	10	1	0	8	210	25	0
Dinner										
Banquet Chicken Pot Pie	400	23	8	36	2	2	10	780	35	170
1 pie, 198 g										
Four Peaks Kiltlifter Scottish Ale	200	0	0	30	0	0	10	0	0	0
1 bottle, 12 oz										
Four Peaks Kiltlifter Scottish Ale	200	0	0	30	0	0	10	0	0	0
1 bottle, 12 oz										
Total	800	23	8	96	2	2	30	780	35	170

Saturday, May 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
See's Candies Milk Chocolates 2 pieces, 34 g	160	9	4.5	20	0.7	17	2	40	10	
Harry & David Flax Seed Tortilla Chips 18 chips, 1 oz	150	7	1.5	20	4	0	2	90	0	0
Mother's Taffy Cookies 2 cookies, 38 g	190	8	4	27	1	16	1	170	0	
Total	500	24	10	67	5.7	33	5	300	10	0
Total	**2068**	**97.72**	**39.854**	**219.58**	**9.7**	**55.6**	**62.49**	**2264**	**331**	**374**