Friday, January 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Pan-Fried, Cooked) 3 slices cooked	126	9.55	3.15	0.36	0	0	9.09	575	27	140
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	316	23.73	7.109	1.36	0	0.76	22.2	772	447	498
Lunch										
Bacon Grease 1 tsp	39	4.28	1.677	0	0	0	0	6	4	
Kraft Mayo Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0	70	5	
Kroger Wild Caught Alaskan Salmon Burgers 1 burger, 85 g	130	7	1	1	0	0	16	360	35	
Baby Spinach 1 1/2 cups	10	0.18	0.028	1.63	1	0.19	1.29	36	0	
Total	269	21.46	4.205	2.63	1	0.19	17.29	472	44	
Dinner										
Cilantro (Coriander) 1/4 cup	1	0.02	0.001	0.15	0.1	0.03	0.09	2	0	21
Pace Picante Medium Salsa 2 tbsp, 30 ml	10	0		3	1	2	0	250	0	
Tillamook Medium Cheddar Cheese 1 1/4 x 1 oz, 35 g	138	11.25	7.5	0	0	0	8.75	212.5	31.25	0

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Rosarita Refried Beans 2 x 1/2 cup, 256 g	240	5	2	36	12	0	12	1080	0	
Pinot Gris (Grigio) Wine 3 5 fl oz servings	370	0		9.08			0.31			
Total	759	16.27	9.501	48.23	13.1	2.03	21.15	1544.5	31.25	21
Snacks/Other										
Hillshire Farm Beef Polska Kielbasa 1/2 x 2 oz, 28 g	85	7.5	3	1.5	0.5	0.5	3.5	230	15	130
Herbal Tea 1 mug (8 fl oz)	2	0	0.005	0.47	0	0	0	2	0	21
Aquafina Water (16.9 oz) 4 x 1 bottle, 2000 ml	0	0	0	0	0	0	0	0	0	0
Total	87	7.5	3.005	1.97	0.5	0.5	3.5	232	15	151
Total	**1431**	**68.96**	**23.82**	**54.19**	**14.6**	**3.48**	**64.14**	**3020.5**	**537.25**	**670**