Saturday, April 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Aquafina Water (16.9 oz)	0	0	0	0	0	0	0	0	0	0
2 x 1 bottle, 1000 ml										
Bragg Organic Apple Cider Vinegar	0	0	0	0	0	0	0	0	0	11
1 tbsp, 15 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	5	0.09	0.009	0.19	0	0	0.57	9	0	234
Lunch										
Safeway Fully Cooked Chicken Tenders	203	9.68	2.42	12.58	0.97	0	13.55	503.36	38.72	
91 g										
Dinner										
Cabernet Sauvignon Wine	432	0		13.38			0.36			
3 1/2 5 fl oz servings										
BelGioioso Parmesan Cheese	20	1	1	0	0	0	2	45	4	0
1 tbsp, 5 g										
Chef Bruce Aidells Italian Style Smoked Chicken Sausage with Mozzarella Cheese	160	11	4	2	0	0	14	570	90	
1 link, 85 g										
Bean soup	142	4.72	0.289	24.94	9.7	3.8	7.14	856	0	142
1 serving										
Total	754	16.72	5.289	40.32	9.7	3.8	23.5	1471	94	142
Snacks/Other										

Saturday, April 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kettle Brand Potato Chips Cooked in 100% Avocado Oil Himalayan Salt 1 ounce about 13 chips, 28 g	130	6	1	17	1	0	2	115	0	420
Kroger Walnut Halves & Pieces 1/2 x 1/4 cup, 15 g	100	10	1	2	1	0.5	2.5	0	0	65
Hershey's Chocolate Syrup 2 x 1 tbsp, 38 g	90	0	0	24	2	20	0	10	0	0
Humboldt Creamery Organic Vanilla Ice Cream 1/2 cup, 82 g	180	11	6	18	0	17	3	40	40	
Total	500	27	8	61	4	37.5	7.5	165	40	485
Total	**1462**	**53.49**	**15.718**	**114.09**	**14.67**	**41.3**	**45.12**	**2148.36**	**172.72**	**861**