Monday, January 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Chewy Bars - Oats & Chocolate 1 bar, 40 g	140	4	2	29	9	10	2	90	0	
Premier Nutrition High Protein Shake - Chocolate 1 shake, 11 oz	160	3	1	5	3	1	30	210	25	450
Total	300	7	3	34	12	11	32	300	25	450
Lunch										
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Thousand Island Salad Dressing 2 tbsps	118	11.22	1.629	4.68	0.3	4.86	0.35	276	8	34
Chicken Breast (Skin Not Eaten) 1/4 small (yield after cooking, bone and skin removed)	62	1.33	0.376	0	0	0	11.53	148	32	95
Total	258	17.85	3.639	5.24	0.3	5.42	18.17	486	252	192
Dinner										
Cracker Barrel Old Country Store Fried Okra 1/2 x 26 pieces	95	2.5		14	1.5	1	2.5	100	0	
Baked or Broiled Catfish 1 fillet (5-1/4" x 2" x 3/8")	116	7.38	1.637	0.26	0	0.06	11.44	243	35	223
Total	211	9.88	1.637	14.26	1.5	1.06	13.94	343	35	223
Snacks/Other										
Hershey's Kit Kat Minis (Package)	310	16	11	40	1	32	4	45	5	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 package, 62 g										
Total	**1079**	**50.73**	**19.276**	**93.5**	**14.8**	**49.48**	**68.11**	**1174**	**317**	**865**