Wednesday, October 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Coca-Cola Diet Coke (Can) 2 x 1 can, 24 oz	0	0	0	0	0	0	0	80	0	
McDonald's Quarter Pounder 1 burger, 169 g	410	19	7	37	2	8	24	730	65	
Total	410	19	7	37	2	8	24	810	65	
Dinner										
Sour Dough Bread 2 medium slices (4-3/4" x 4" x 1/2")	137	1.5	0.32	25.95	1.5	0.12	4.4	304	0	56
Butter (Salted) 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	29	11	1
Coca-Cola Diet Coke (Can) 2 x 1 can, 24 oz	0	0	0	0	0	0	0	80	0	
Bacon 1 thick slice (yield after cooking)	65	5.01	1.649	0.17	0	0	4.44	277	13	68
Lentil Soup 1 3/4 cups	325	8.03	1.037	46.57	21.7	4.17	18.23	1094	0	625
Total	563	18.6	5.574	72.69	23.2	4.29	27.11	1784	24	750
Snacks/Other										
Noosa Blueberry Yoghurt (4 oz) 4 oz, 113 g	140	6	3	17		15	6		15	
Total	**1113**	**43.6**	**15.574**	**126.69**	**25.2**	**27.29**	**57.11**	**2594**	**104**	**750**