Tuesday, November 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
7-Eleven Mini Blueberry Muffins 1 muffin, 25 g	70	4	1	7		6	1	125	15	
Albertsons Mini Cinnamon Rolls 2 x 1 roll, 36 g	120	5	2	18	0	10	2	100	10	
Pepperidge Farm Strawberry Swirl Bread 2 x 1 slice, 68 g	160	3		28		8	4	200		
Fred Meyer Cinnamon Swirl Bread 1 slice	120	2	0.5	23	0.5	8	3	170	0	
Banana Bread 1 oz	79	2.4	1.437	13.45	0.5	5.84	1.14	34	10	
Danish Pastry 1 small or frozen (approx 3" dia)	141	7.84	1.988	15.61	0.5	6.92	2.45	130	7	44
Mars Milky Way (Minis) 0.4 x 5 minis	76	2.8	1.4	12	0	10	0.8	28	2	
Twix Twix (Fun Size) 1 bar, 16 g	80	4	3	10	0	8	1	30	0	
Total	846	31.04	11.325	127.06	1.5	62.76	15.39	817	44	44
Lunch										
Sam's Club Supreme Pizza 1 slice, 196 g	390	19	8	38	2	3	18	1030	45	0
California Pizza Kitchen BBQ Chicken Pizza 1/3 pizza, 139 g	300	11	5	35	1	8	16	810	40	
Godfather's Pizza Hawaiian Original Crust Pizza (Medium)	270	7	3	36	2	4	13	530	20	

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1 slice, 124 g										
Godfather's Pizza All Meat Combo Original Crust Pizza (Large)	1230	51	21	111	6	9	66	2760	120	
3 x 1 slice, 465 g										
Total	2190	88	37	220	11	24	113	5130	225	0

Dinner

Snacks/Other

Total	3036	119.04	48.325	347.06	12.5	86.76	128.39	5947	269	44