Saturday, January 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Unsweetened Iced Tea (Large)	0	0	0	0	0	0	0	20	0	0
1 serving, 32 oz										
Lunch										
Cracker Barrel Old Country Store Hashbrown Casserole	155	7		17	0	0	5	520	46	
1 serving										
Cracker Barrel Old Country Store Green Beans	45	1.88	1.12	5.25	2.25	0.75	0.75	232.5	7.5	
3/4 x 1 serving										
Cracker Barrel Old Country Store Spicy Grilled Catfish	120	5	1.5	1	0	0	17	300	45	
1 fillet										
Total	320	13.88	2.62	23.25	2.25	0.75	22.75	1052.5	98.5	
Dinner										
Fried Breaded or Battered Yellow or Green Summer Squash	367	28.75	3.731	24.9	2.9	7.46	4.47	273	9	438
1 cup										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Trader Joe's BBQ Shredded Pork	160	6	2	16	2	4	14	740	60	
2 x 1/4 cup, 116 g										
Total	561	34.88	5.76	48.74	8.6	13	20.47	1020	69	668
Snacks/Other										
Venison/Deer Jerky	166	9.39	4.034	6.21	0	6.2	13.52	1243	54	164

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3 strips or sticks (4" long)										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Larabar Lemon Bar	110	5.5	0.75	14	1.5	11	3	2.5	0	180
1/2 x 1 bar, 22.5 g										
Total	325	15.35	4.807	31.88	4.5	24.28	17.54	1247.5	54	577
Total	1206	64.11	13.187	103.87	15.35	38.03	60.76	3340	221.5	1245