Sunday, July 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coles Asian Salad 1 salad, 200 g	210	9.4	1.2	29		9.8	2.6	470		
Bacon, Lettuce and Tomato Sandwich with Spread 1 sandwich	344.4	17.4	3.762	35.03	2.5	4.82	11.64	945	21	348
Nong Shim Korean Clay Pot Ramyun 1 pot, 70 g	306	11	5.5	45.8		1.9	6	1470		
Total	860.4	37.8	10.462	109.83	2.5	16.52	20.24	2885	21	348
Lunch										
Chicken Biryani 2 cups	695.541	19.65	2.559	96.15	4.4	4.95	31.79	1609	56	
Dinner										
Sushi Sushi Sushi Deluxe Pack 1 serving, 340 g	565.583	13.26	3.06	82.28	10.2	14.28	23.12	1207		
Sushi Sushi Special California Hand Roll (Nori Roll) 1 serving, 100 g	157.744	1.8	0.3	29.8	2.1	1.6	4.2	323		
Whiskey 200 g	500	0	0	0.2	0	0	0	2	0	4
Total	1223.327	15.06	3.36	112.28	12.3	15.88	27.32	1532	0	4
Snacks/Other										
Total	**2779.268**	**72.51**	**16.381**	**318.26**	**19.2**	**37.35**	**79.35**	**6026**	**77**	**352**