Wednesday, July 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Meat Filled Dumpling 1 dumpling	348.23	22.14	5.62	24.61	0.9	0.13	12.16	424	23	114
Nasi Goreng 1 cup	346.257	12.25	2.07	44.95	1.4	2.08	12.93	739	97	
Hard-Boiled Egg 1 large	77.5	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Total	771.987	39.69	9.324	70.12	2.3	2.77	31.38	1225	332	177
Lunch										
Beef Chow Mein or Chop Suey 1 1/4 cups	335.5	18.64	4.488	15.21	3.3	5.34	27.56	1097	63	679
Whiskey 200 g	500	0	0	0.2	0	0	0	2	0	4
KFC Coleslaw (Large) 1/4 x 1 serving, 112 g	108.628	4.05	0.35	16.88		14.18	1.02	202.5		
Total	944.128	22.69	4.838	32.29	3.3	19.52	28.58	1301.5	63	683
Dinner										
Sumo Salad Leafy Salad, Falafel & Cous Cous (Regular) 1 serving, 275 g	377	27.5	4.7	25.3		17.1	6.9	660		
Whiskey 200 g	500	0	0	0.2	0	0	0	2	0	4
Total	877	27.5	4.7	25.5	0	17.1	6.9	662	0	4
Snacks/Other										
Total	2593.115	89.88	18.862	127.91	5.6	39.39	66.86	3188.5	395	864