Monday, August 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Oroweat Dark Rye Bread 2 x 1 slice, 64 g	140	2	0	26	2	0	4	340	0	0
Dunkin' Donuts Coffee with Cream 1 serving, 10 oz	60	6	4	2	0	0	1	20	20	
Total	378	21.51	7.76	28.86	2	0.76	17.48	837	440	133
Lunch										
Jack in the Box Regular Beef Taco 1 taco, 81 g	190	8	3	16	2	2	6	270	13	202
Jack in the Box Jr Jack 1 burger	325	15	5	32	1	5	13	716	30	266
Total	515	23	8	48	3	7	19	986	43	468
Dinner										
Skinless Chicken Breast 1/2 breast, bone and skin removed	130	1.46	0.389	0	0	0	27.25	77	68	
Snacks/Other										
Precious Stringsters Reduced Fat Mozzarella String Cheese 2 x 1 stick, 56 g	140	8	6	2	0	0	16	360	20	
Ben & Jerry's Chunky Monkey Ice Cream 2 x 1/2 cup, 216 g	580	34	18	64	2	56	8	60	110	
Kirkland Signature Chocolate Chips	140	8	5	20	2	14	2	0	0	

Monday, August 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 30 pieces, 28 g										
Tecate Beer	730	0		65			0			
5 x 1 can, 60 oz										
Total	1590	50	29	151	4	70	26	420	130	
Total	**2613**	**95.97**	**45.149**	**227.86**	**9**	**77.76**	**89.73**	**2320**	**681**	**601**