Friday, February 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Coffee with Cream	120	12	8	4	0	0	2	40	40	
2 x 1 serving, 20 oz										
Lunch										
Olive Garden Breadsticks	140	2.5	0.5	25	0	0	4	460	0	
1 breadstick, 48 g										
Runza Buffalo Chicken Sandwich - Crispy	450	21	2	47	2		20	1170	25	
1 sandwich, 241 g										
Total	590	23.5	2.5	72	2	0	24	1630	25	
Dinner										
Signature Cafe Baby Back Ribs	210	15	5	4	0	3	17	460	55	
4 ribs, 170 g										
Snacks/Other										
Nestle Semi-Sweet Mini Chocolate Chip Morsels	210	12	7.5	27	0	24	0	0	0	0
3 x 1 tbsp, 45 g										
Cabernet Sauvignon Wine	123	0		3.82			0.1			
1 5 fl oz serving										
Girl Scout Cookies Thin Mints	320	14	10	44	2	22	4	210	0	
2 x 4 cookies, 62 g										
Coors Light Beer (Bottle)	306	0	0	15	0	0	2.1	32.4	0	0
3 x 1 can, 36 oz										
Tostitos Roasted Garlic and Black Bean Tortilla Chips	140	7	1	18	2	0	2	90	0	0
8 chips, 28 g										

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1099	33	18.5	107.82	4	46	8.2	332.4	0	0
Total	2019	83.5	34	187.82	6	49	51.2	2462.4	120	0