Wednesday, July 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Watermelon 8 1/3 oz	70	0.35	0.037	17.66	0.9	14.5	1.43	2	0	262
Jimmy Dean Delights Canadian Bacon, Egg White & Cheese Honey Wheat English Muffin 1 sandwich, 128 g	210	4.5	2.5	28	1	4	14	660	15	
Total	280	4.85	2.537	45.66	1.9	18.5	15.43	662	15	262
Lunch										
Premier Nutrition High Protein Shake - Bananas & Cream 1 shake, 11 oz	160	3	0	5	2	1	30	270	25	310
Dinner										
Fried Batter-Dipped Okra 1 1/2 cups	259	19.4	2.516	19.68	3.6	4.4	3.56	182	7	302
CookOut Cheeseburger 1 burger	578	41	18	22	1	3	29	689	123	
Total	837	60.4	20.516	41.68	4.6	7.4	32.56	871	130	302
Snacks/Other										
Cantaloupe Melons 9 oz	87	0.48	0.13	20.82	2.3	20.05	2.14	41	0	681
Total	**1364**	**68.73**	**23.183**	**113.16**	**10.8**	**46.95**	**80.13**	**1844**	**170**	**1555**