Sunday, March 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Left Hand Brewing Company Nitro Milk Stout	740	0	0	72	0	72	4	0	0	0
4 x 1 bottle, 48 oz										
Broccoli	62	0.67	0.071	12.08	4.7	3.09	5.13	60	0	575
2 cups chopped										
Cornbread (from Mix)	280	9.05	2.893	41.76	3.6	15.23	7.42	652	41	188
2 pieces										
Ranch Salad Dressing	145	15.42		2.01	0.2	0.74	0.31	245	10	19
2 tbsps										
Egg Omelet or Scrambled Egg with Peppers, Onion and Ham	483	33.49	10.424	8.09	0.6	6.41	35.26	1454	774	550
4 large										
Total	1710	58.63	13.388	135.94	9.1	97.47	52.12	2411	825	1332
Lunch										
Dinner										
Blue Diamond Bold Sriracha Almonds	212	18.75	1.25	6.25	3.75	2.5	7.5	150	0	225
1 1/4 x 28 nuts, 1 oz										
Scrambled Egg	100	7.6	2.892	0.98	0	0.71	6.5	105	200	69
1 egg										
Lettuce Salad with Cheese, Tomato and/or Carrots	117	8.29	5.208	4.35	1.4	2.44	6.9	178	25	224
1 1/2 cups										
Great Value Fat Free Italian Dressing	15	0	0	3	0	2	0	480	0	
2 tbsp, 30 ml										
Johnsonville Chicken Sausage Cajun Style	280	18	5	6	0	2	24	1300	120	

Sunday, March 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 link, 170 g										
Total	724	52.64	14.35	20.58	5.15	9.65	44.9	2213	345	518
Snacks/Other										
Total	2434	111.27	27.738	156.52	14.25	107.12	97.02	4624	1170	1850