Monday, September 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Total	214	3	0.5	44.3	4	18.25	5.06	1	0	11
Lunch										
Baja Fresh Mexican Grill Chicken Fajita with Corn Tortillas 1 fajita, 788 g	860	24	7	105	24		61	2400	130	
Dinner										
McDonald's French Fries (Large) 1 serving, 5.9 oz	430	21	3.5	56	6	0	5	350	0	
McDonald's Bacon Clubhouse Burger 1 burger, 9.4 oz	720	40	15	51	4	14	39	1470	115	
Total	1150	61	18.5	107	10	14	44	1820	115	
Snacks/Other										
Total	**2224**	**88**	**26**	**256.3**	**38**	**32.25**	**110.06**	**4221**	**245**	**11**