Tuesday, October 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Pure Almond Milk - Unsweetened Original	30	2.5	0	1	1	0	1	160	0	35
1 cup, 240 ml										
CVS Vanilla Whey Protein Powder	140	2	1	8	0	2	26	60	45	190
1 scoop, 34 g										
Market Pantry Strawberries	20	0	0	5.5	1	4	0.25	0	0	
1/2 x 1 cup										
Total	190	4.5	1	14.5	2	6	27.25	220	45	225
Lunch										
Bridgford Summer Sausage	190	17	6	0	0	0	9	710	40	
2 oz, 56 g										
Keebler Zesta Original Saltine Crackers	180	4.5	0	33	1.5	0	3	450	0	
3 x 5 crackers, 45 g										
Progresso Light Chicken & Cheese Enchilada	180	8	2	24	12	4	8	1320	20	
2 x 1 cup, 500 g										
Total	550	29.5	8	57	13.5	4	20	2480	60	
Dinner										
Butter (Salted)	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
1 tbsp										
Baked Sweetpotato (Peel Not Eaten)	134	3.86	0.75	23.57	3.7	9.57	2.28	441	0	539
1 medium (2" dia, 5" long, raw)										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Great Value Beef Patties 80/20	290	23	9	0	0	0	19	75	80	310

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 patty, 113 g										
Sam's Choice Fireside Gourmet Black Angus Chipotle Monterey Jack Burger	420	33	15	3	1	0.5	25	1108	105	
1 patty (150g/5.3 oz)										
Total	977	71.72	32.079	32.62	7.1	11.63	48.97	1736	216	1140
Snacks/Other										
Pop Secret Movie Theater Butter Popcorn	140	8	0	12	0	0	0	220	0	
4 cups popped										
Barefoot Moscato	318	0	0	27.5	0	0	0	0	0	0
2 1/2 x 1 serving, 12.5 oz										
Total	458	8	0	39.5	0	0	0	220	0	0
Total	**2175**	**113.72**	**41.079**	**143.62**	**22.6**	**21.63**	**96.22**	**4656**	**321**	**1365**