Friday, October 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Sour Dough Bread 2 medium slices	137	1.52	0.32	25.94	1.5	0.12	4.42	304	0	56
America's Choice Bacon Thick Sliced 1 slices, 16 g	90	7	2.5	0	0	0	5	240	15	
Hollandaise Sauce 2 tbsps	134	14.25	8.386	0.58	0	0.13	1.53	89	140	17
Poached Egg 2 large	146	9.9	3.087	0.77	0	0.77	12.53	294	421	133
Total	507	32.67	14.293	27.29	1.5	1.02	23.48	927	576	206
Lunch										
Panera Bread Italian Combo Sandwich on Ciabatta Bread (Half) 1 serving, 8.75 oz	490	23	9	47	2	3	30	1530	85	
Dinner										
Corona Corona Extra 1 bottle, 12 oz	148	0	0	13	0	0	0	0	0	0
Guacamole 2 tbsps	46	4.17	0.604	2.48	1.9	0.21	0.57	43	0	139
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
El Pollo Loco Chicken Taco al Carbon 1 serving, 3.1 oz	160	6	1.4	17	1	0.5	10	290	40	
Berryhill Grilled Fish Taco 2 x 1 taco	332	6		44	4	0	20	700	0	

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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	832	23.18	2.741	96.08	8.5	1.01	32.91	1159	40	203
Snacks/Other										
Artisan Fresh Spinach Artichoke Dip 2 tbsp, 30 g	90	8	3.5	2	0	1	3	180	20	
Lay's Wavy Original Potato Chips 11 chips, 28 g	160	10	1.5	15	1	1	2	140	0	340
Pyramid Breweries Hefeweizen 1 bottle, 12 oz	145	0		11	0	0	0	0	0	
Total	395	18	5	28	1	2	5	320	20	340
Total	**2224**	**96.85**	**31.034**	**198.37**	**13**	**7.03**	**91.39**	**3936**	**721**	**749**