Tuesday, November 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blackberry Juice (Canned) 4 oz	43	0.68	0.02	8.85	0.1	8.73	0.34	1	0	153
Italian Bread 1/2 slice, medium	27	0.35	0.086	5	0.3	0.08	0.88	58	0	11
Essensia All Natural Creamy Peanut Butter 1/2 x 2 tbsp	90	8	1.5	3	1	1.5	3.5	60	0	
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Green Tea 2 mugs (8 fl oz)	5	0	0.009	0.95	0	0	0	5	0	
Total	170	9.12	1.624	17.8	1.4	10.31	5.29	133	0	396
Lunch										
Deep Fried Potato French Fries (from Frozen) 1 10 strip portion (1" to 2")	112	5.96	1.412	13.14	1.2	0.24	1.32	68	0	194
Fried Battered Fish 1 1/2 fillets (6-1/4" x 3-1/2" x 3/8")	400	22.85	4.807	13.49	0.4	0.82	33.61	261	133	655
Vodka 2 jiggers	194	0	0	0	0	0	0	1	0	2
Total	706	28.81	6.219	26.63	1.6	1.06	34.93	330	133	851
Dinner										
Espresso Coffee 2 espresso cups (2 fl oz)	2	0.21	0.109	0	0	0	0.14	17	0	136
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	

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Total	74	0.44	0.148	19.06	3.3	14.34	0.5	18	0	136

Snacks/Other

Total	**950**	**38.37**	**7.991**	**63.49**	**6.3**	**25.71**	**40.72**	**481**	**133**	**1383**