Saturday, May 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Hempler's Natural Uncured Bacon 1/2 x 2 pan fried slices, 10 g	45	3	1	0	0	0	5	150	12.5	
Crofter's Organic Blackberry Spread 1 tbsp, 18 g	30	0		8	0	8	0	5	0	
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Applegate Farms Natural Uncured Black Forest Ham 1/2 x 2 oz, 28 g	25	0.75	0.25	0	0	0	5	240	17.5	
Plain or Buttermilk Biscuits 1 biscuit (2-1/2" dia)	212	9.78	2.594	26.76	0.9	1.31	4.2	348	2	73
Kerrygold Blarney Castle Cheese 1 oz, 28 g	110	9	6	0	0	0	7	210	25	
Green Peppers 1/2 cup chopped	15	0.13	0.043	3.46	1.3	1.79	0.64	2	0	130
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	738	49.39	22.965	40.19	2.2	12.54	34.97	1168	488	344
Dinner										
Trader Joe's Grilled Asparagus Spears 1/2 x 12 spears, 42.5 g	12	0	0	2	1	1	1	0	0	0
Trader Joe's Marinated Mushrooms with Garlic	10	0		2	0	0	0	340	0	

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1/3 cup, 56 g										
365 Sundried Tomatoes	38	0	0	7.5	2.25	4.5	1.5	90	0	
3/4 x 4 pieces, 10 g										
Vegetable Soup (Home Recipe)	123	5.56	1.074	15.01	2.6	4.56	5.15	728	0	635
1 1/4 cups										
Genuine Steak House Brand Beef Ribeye Steak	140	10	4	0	0	0	11	27.5	37.5	
1/2 x 6 oz, 56 g										
Total	323	15.56	5.074	26.51	5.85	10.06	18.65	1185.5	37.5	635
Snacks/Other										
1% Fat Milk	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Sugar	65	0	0	16.8	0	16.78	0	0	0	0
4 tsps										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Total	190	6.15	2.322	23.27	0	23.5	10.4	124	218	250
Total	**1251**	**71.1**	**30.361**	**89.97**	**8.05**	**46.1**	**64.02**	**2477.5**	**743.5**	**1229**