Friday, August 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
fiber one fiber one 90 calorie chocolate peanut butter brownie	180	6	3	34	10	14	2	220		
2 x 1 brownie										
Lunch										
Dinner										
Smokey Bones Hand Pulled Pork	480	30	9	16	1	1	34	630	110	
1 serving, 236 g										
Texas Roadhouse BBQ Ribs	277	6		34.5	0	0	19	0	0	
4 ribs										
Betty Crocker Loaded Casserole Potatoes	150	0		21	1	1	2	450	0	
2/3 cup, 27 g										
Famous Dave's Collard Greens	90	7	2.5	3	1	1	4	390	15	
1 serving, 4 oz										
New York The Original Texas Garlic Toast	160	9	2	17	1	0	3	270	0	
1 slice, 40 g										
Total	1157	52	13.5	91.5	4	3	62	1740	125	
Snacks/Other										
Great Value Original Beef Jerky	160	2	0	6	0	6	28	1240	40	300
2 x 1 oz, 56 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Food Lion Pork Rinds	210	15	6	0	0	0	21	1560	45	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)
3 x 12 pieces, 42 g										
Brach's Candy Corn	140	0		35	0	28	0	70	0	
15 pieces, 31 g										
Total	623	26.28	11.906	41.36	0	34.15	55.97	3044	114	327
Total	1960	84.28	28.406	166.86	14	51.15	119.97	5004	239	327