Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Bagel	71	0.43	0.07	14.13	0.6	1.44	2.76	119	0	21
1/4 regular										
fiber one fiber one 90 calorie chocolate peanut butter brownie	180	6	3	34	10	14	2	220		
2 x 1 brownie										
Total	251	6.43	3.07	48.13	10.6	15.44	4.76	339	0	21
Lunch										
Cooked Green String Beans (from Fresh)	77	4.03	0.771	9.89	4	1.92	2.37	402	0	182
1 cup fresh										
Kraft Velveeta Shells & Cheese Original	360	12	3.5	49	2	4	13	870	20	
1 cup, 112 g										
Bush's Best Country Style Baked Beans	170	1	0	33	6	14	6	600	0	
1/2 cup, 130 g										
Captain D's Hush Puppies	156	8.2	4	18.2	0.4	1	2.2	392	20	
1 piece										
Total	763	25.23	8.271	110.09	12.4	20.92	23.57	2264	40	182
Dinner										
Wing Zone Buffalo Shrimp (10 Pieces)	400	3	0	56	2	0	36	1220	220	
1 serving										
Nachos with Beans and Cheese	613	32.04	12.575	58.4	13.7	1.75	25.45	947	56	721
1 order										
Total	1013	35.04	12.575	114.4	15.7	1.75	61.45	2167	276	721

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Reese's Miniature Peanut Butter Cups 2 x 1 minature cup, 14 g	88	4.8	1.8	8.8	0.4	7.6	1.6	46	2	
Total	**2115**	**71.5**	**25.716**	**281.42**	**39.1**	**45.71**	**91.38**	**4816**	**318**	**924**