# Wednesday, November 12, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| La Moreliana CORN TORTILLAS<br>5 x 2 Tortillas, 235 g | 350 | 5 | 2.5 | 100 | 10 | 5 | 10 | 300 | 0 | 0 |
| Kraft Singles Fat Free American Cheese Slices<br>2 x 1 slice, 38 g | 50 | 0 | 0 | 4 | 0 | 2 | 8 | 500 | 10 | |
| Wal Mart All natural extra lean ground beef<br>4 x 4oz, 448 g | 520 | 16 | 6 | 0 | 0 | 0 | 96 | 200 | 260 | |
| Taco Seasoning (No MSG)<br>4 x 2 tsp, 28 g | 80 | 0 | 0 | 16 | 0 | 0 | 4 | 1840 | 0 | |
| Picante Medium Salsa<br>13 x 2 tbsp, 390 ml | 130 | 0 | | 39 | 13 | 26 | 0 | 3250 | 0 | |
| Onions<br>3 oz | 36 | 0.07 | 0.022 | 8.6 | 1.2 | 3.64 | 0.78 | 3 | 0 | 122 |
| Lettuce<br>8 oz, raw, yields | 30 | 0.3 | 0.039 | 6.42 | 2.6 | 3.8 | 1.94 | 22 | 0 | 305 |
| Tomatoes<br>4 oz, raw, yields | 19 | 0.21 | 0.048 | 4.08 | 1.2 | 2.74 | 0.92 | 5 | 0 | 246 |
| Total | 1215 | 21.58 | 8.609 | 178.1 | 28 | 43.18 | 121.64 | 6120 | 270 | 673 |
| **Dinner** | | | | | | | | | | |
| Kroger Chocolatey Drizzle Crispy Rice Marshmallow Treat<br>1 bar, 24 g | 90 | 2 | 1 | 17 | 0 | 10 | 1 | 75 | 0 | |
| Tyson Foods Pork Loin Boneless Center Cut Chops<br>3 x 4 oz, 336 g | 390 | 13.5 | 4.5 | 0 | 0 | 0 | 69 | 630 | 165 | |

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|---|---|---|---|---|---|---|---|---|---|---|
| Birds Eye Steamfresh Asian Medley<br>3 1/2 x 1 cup, 325.5 g | 175 | 7 | 0 | 21 | 7 | 10.5 | 7 | 1085 | 0 | |
| Kikkoman Soy Sauce<br>2 x 1 tbsp, 30 ml | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 1840 | 0 | 0 |
| Kraft Shake 'n Bake Original Pork<br>1/2 x 1/8 packet, 4.5 g | 20 | 0 | 0 | 4 | 0 | 0.5 | 0.5 | 120 | 0 | |
| Total | 695 | 22.5 | 5.5 | 42 | 7 | 21 | 81.5 | 3750 | 165 | 0 |
| **Snacks/Other** | | | | | | | | | | |
| Fiber One Protein Bars - Caramel Nut<br>1 bar, 33 g | 130 | 6 | 3 | 16 | 5 | 7 | 7 | 180 | 0 | |
| Total | 2040 | 50.08 | 17.109 | 236.1 | 40 | 71.18 | 210.14 | 10050 | 435 | 673 |