Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Las Fortunitas Corn Tortilla Chips	130	4	1	22	2	0	2	25	0	
15 chips, 28 g										
Guacamole with Tomatoes	135	11.58	1.685	8.9	5.7	1.6	1.89	234	0	458
1/2 cup										
Total	265	15.58	2.685	30.9	7.7	1.6	3.89	259	0	458
Lunch										
Lasagna with Meat	336	12.38	6.384	35.43	2.7	5.6	20.52	744	49	391
1 piece (1/6 8" square, approx 2-1/2" x 4")										
I Can't Believe It's Not Butter! Original Soft Spread	60	6	2	0	0	0	0	90	0	
1 tbsp, 14 g										
Wal-Mart Italian Bread	150	0.62	0	30	1.25	1.25	6.25	350	0	
1 1/4 x 1/8 loaf, 58 g										
Total	546	19	8.384	65.43	3.95	6.85	26.77	1184	49	391
Dinner										
New York The Original Texas Garlic Toast	160	9	2	17	1	0	3	270	0	
1 slice, 40 g										
Fried Potatoes	121	3.15	1.144	21.39	1.8	1.08	2.34	261	4	
1/2 cup										
Hormel Black Label Fully Cooked Bacon	70	6	2	0	0	0	5	290	20	
2 slices, 14 g										
Green Giant Fresh Green Beans	50	0	0	8	2	2	4	0	0	400
2 x 1 cup, 170 g										

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Parkay Margarine 2 tsp, 10 g	70	7	1.5	0	0	0	0	80	0	
Outback Steakhouse New York Strip (10 oz) 1 serving	545	35	2	0	0	0	58	394	121	
Total	1016	60.15	8.644	46.39	4.8	3.08	72.34	1295	145	400
Snacks/Other										
Coffee with Cream and Sugar 1 mug (8 fl oz)	67	1.9	1.733	12.24	0	11.39	0.5	15	0	
Total	1894	96.63	21.446	154.96	16.45	22.92	103.5	2753	194	1249