Friday, March 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Organic Strawberry Spread	40	0		9	0	8	0	10	0	
1 tbsp, 18 g										
Butter	36	4.06	2.568	0	0	0	0.04	1	11	1
1 pat (1" sq, 1/3" high)										
Sara Lee Deluxe Bagels - Cinnamon Raisin	260	1	0	53	2	10	8	350	0	
1 bagel, 95 g										
Total	336	5.06	2.568	62	2	18	8.04	361	11	1
Lunch										
Lay's Baked! Barbecue Potato Crisps (Package)	140	3.5	0.5	24	2	4	2	220	0	250
1 package, 1.12 oz										
Subway 12" Subway Club	620	10	3	92	10	14	46	1700	80	
1 sandwich, 514 g										
Total	760	13.5	3.5	116	12	18	48	1920	80	250
Dinner										
Good Times Wild Fries (Small)	450	26	10	48	5	1	5	560	0	
1 serving, 7 oz										
Good Times Guacamole Chicken Sandwich	670	33	6	61	5	8	33	2120	55	
1 sandwich										
Total	1120	59	16	109	10	9	38	2680	55	
Snacks/Other										
Hoody's Dry Roasted Peanuts	320	26	4	14	4	4	12	340	0	
2 x 1 oz, 56 g										

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McDonald's Ice Cream Cone	170	4.5	3	27	0	20	5	80	15	
1 cone, 147 g										
Total	490	30.5	7	41	4	24	17	420	15	
Total	2706	108.06	29.068	328	28	69	111.04	5381	161	251