Monday, September 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bob's Red Mill Chia Seed 2 tbsp, 26 g	60	4.5	0.5	5	5	0	3	0	0	
Starbucks Classic Coffee Cake 1 piece, 109 g	440	19	11	63	1	36	6	450	95	
Daddy Foods Ltd. Daddy Smoothie 18 oz	355	1.5		86			7			
Daddy Foods Ltd. Daddy's Coffee - Cream Only 2 x 12 oz Cup	138	11.64		4.58	0	2	3.98	50	50	
Total	993	36.64	11.5	158.58	6	38	19.98	500	145	
Lunch										
Barbecue Sauce 3 oz	64	1.53	0.23	10.89	1	3.33	1.53	693	0	148
Great Value Chicken Strips 3 x 1 strip, 336 g	540	27	4.5	30	0	0	42	1770	90	375
No Name Chicken Strips 3 strips, 96 g	250	15	3.5	18	1		10	680	50	
Total	854	43.53	8.23	58.89	2	3.33	53.53	3143	140	523
Dinner										
Daddy Foods Ltd. Feast!! 1 Feast!!	1500	100		200			50			
Snacks/Other										
Hershey's Heath Bar Miniatures 1/4 x 6 pieces, 11 g	58	3.5	1.75	6.75	0	6.5	0.25	37.5	2.5	

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Clif Bar Clif Bar - Nuts & Seeds	270	9	1	37	4	17	11	270	0	240
1 bar, 86 g										
Total	328	12.5	2.75	43.75	4	23.5	11.25	307.5	2.5	240
Total	**3675**	**192.67**	**22.48**	**461.22**	**12**	**64.83**	**134.76**	**3950.5**	**287.5**	**763**