Sunday, February 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Hunt's Tomato Ketchup 1 tbsp	20	0	0	5	0	4	0	190	0	
Coffee-Mate Caramel Macchiato Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	0	10		10	0	0	0	
Total	237	12.94	3.099	15.77	0	14.77	12.58	330	423	134
Lunch										
Dinner										
Del Monte French Style Green Beans 2 x 1/2 cup, 454 g	40	0	0	6	2	2	2	760	0	200
Cub Foods Ground Beef (93% Lean / 7% Fat) 2 x 4 oz, 224 g	340	16	6	0	0	0	46	140	130	
Gulden's Spicy Brown Mustard 1 tsp, 5 g	5	0		0	0	0	0	50	0	
Hunt's 100% Natural Tomato Ketchup 1 tbsp, 17 g	20	0	0	5	0	4	0	160	0	
Butter (Salted) 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	41	15	2
Total	456	21.76	9.647	11	2	6	48.06	1151	145	202
Snacks/Other										
Captain Morgan Original Spiced Rum (1 oz)	60	0	0	0.3	0	0	0	8	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving, 1 oz										
Pepsi Pepsi	25	0	0	7	0	7	0	5	0	0
1/4 x 8 fl oz, 60 ml										
Total	85	0	0	7.3	0	7	0	13	0	0
Total	778	34.7	12.746	34.07	2	27.77	60.64	1494	568	336