Thursday, June 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's French Fries (Medium)	340	16	2.5	44	4	0	4	190	0	
1 serving, 117 g										
McDonald's Bacon & Cheese Quarter Pounder	600	29	13	48	3	12	37	1440	105	
1 burger, 227 g										
Great Value Ranch Dip	60	5	1	3	0	2	1	210	0	40
2 tbsp, 31 g										
Lay's Wavy Original Potato Chips	166	10.36	1.55	15.54	1.04	1.04	2.07	145.04	0	352.24
29 g										
Kraft Mayo	90	10	1.5	0	0	0	0	70	5	
1 tbsp, 15 g										
Roast Beef	270	17.49	6.882	0	0	0	26.17	219	77	295
101 g										
White Bread	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
1 slice										
Wonder Enriched White Bread	100	1	0	20	1	3	3	210	0	0
2 slices, 50 g										
Total	1692	89.67	26.611	143.19	9.64	19.12	75.15	2654.04	187	712.24
Lunch										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Lettuce Salad with Cheese, Tomato and/or Carrots	78	5.53	3.472	2.9	0.9	1.62	4.6	119	17	149
1 cup										
Tomato and Cucumber Salad with Oil and Vinegar	188	15.74	2.008	10.56	1	8.05	0.81	339	0	216

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1 cup										
Pure Protein Chocolate Peanut Butter High Protein Bar	310	10	4.5	25	2	3	31	310	15	220
1 bar, 50 g										
Total	587	31.38	9.995	40.78	4.7	14	36.96	783	32	705
Dinner										
Dunkin' Donuts Chocolate Frosted Donut	270	15	7	31	1	13	3	340	0	
1 serving										
Kroger Creme Filled Long John	420	22		48	1	19	5	340		
1 serving										
Total	690	37	7	79	2	32	8	680	0	
Snacks/Other										
Total	2969	158.05	43.606	262.97	16.34	65.12	120.11	4117.04	219	1417.24