

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	536	36.23	11.296	2.81	0	2.81	45.85	510	1542	488
1 1/2 cups (4.86 eggs)										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Hashed Brown Potatoes	151	9.22	4.324	16.15			1.94	290	9	267
1/2 cup										
Isernio's Breakfast Pork Sausage	420	27	9	3	0	3	36	1170		
3 x 2 links, 204 g										
Total	1156	72.91	24.643	33.63	3	12.89	84.81	1972	1551	988
Lunch										
Peanuts	168	14.7	2.428	4.27	2.6	1.17	7.85	90	0	203
1 3/2 nuts serving										
Aidells Chicken & Apple Minis Sausage	60	4.8	1.5	0	0	0	6.6	222	30	
34 g										
Breyers All Natural Coffee Ice Cream	160	8	5	19	0	18	3	60	25	0
1/2 cup, 66 g										
Total	388	27.5	8.928	23.27	2.6	19.17	17.45	372	55	203
Dinner										
Chicken	180	7	3	0	0	0	32	310	125	
1 serving, 4 oz										
Cheese	100	7.5	5	1	0	0	6	190	30	
1 serving, 1 oz										
Fresh Tomato Salsa	25	0	0	1	1	1	0	550	0	
1 serving, 3.5 oz										

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce 1 serving, 1 oz	10	0	0	2	1	1	1	0	0	
Fajita Vegetables 1 serving, 2.5 oz	20	0.5	0	4	1	2	1	170	0	
Steak 1 serving, 4 oz	150	6	2.5	1	1	0	21	330	80	
Guacamole (3.5 oz) 1 serving, 3.5 oz	230	19	3	7	5	1	2	330	0	
Chipotle Mexican Grill Flour Tortillas (3 Taco Size) 1/3 x 1 tortilla	28	0.82	0.33	4.29	0.33	0	0.66	66	0	
Total	743	40.82	13.83	20.29	9.33	5	63.66	1946	235	
Snacks/Other										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Butter 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	1	11	1
Total	455	23.94	8.766	5.38	0	2.45	25.3	287	857	456
Total	2742	165.17	56.167	82.57	14.93	39.51	191.22	4577	2698	1647