

Thursday, August 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 1 1/2 cups (4.86 eggs)	536	36.23	11.296	2.81	0	2.81	45.85	510	1542	488
Strawberries 1 cup halves	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
Hashed Brown Potatoes 1/2 cup	151	9.22	4.324	16.15			1.94	290	9	267
Isernio's Breakfast Pork Sausage 3 x 2 links, 204 g	420	27	9	3	0	3	36	1170		
Total	1156	72.91	24.643	33.63	3	12.89	84.81	1972	1551	988
Lunch										
Inka Chips Plantain Chips 20 chips, 28 g	140	6.5	3	20	1		1	50	0	200
Applegate Farms Chicken & Sage Breakfast Sausage 100 g	170	11.9	3.4	0	0	0	17	595	76.5	
Pistachio Nuts 1 oz (49 kernels)	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
Total	468	31	7.942	27.93	3.9	2.17	23.84	645	76.5	491
Dinner										
Pulled Pork 1 1/2 cups cooked, diced	601	33.88	11.435	13.6	3.2	3.25	58.39	1531	164	
Pork Spareribs 2 medium (yield after cooking, bone removed)	276	21.12	7.751	0	0	0	20.26	178	84	223
Coleslaw 1 cup	83	3.13	0.462	14.89	1.8		1.55	28	10	217

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Total	960	58.13	19.648	28.49	5	3.25	80.2	1737	258	440

Snacks/Other

Franzia Fruity Red Sangria	110	0		11	0	8	0	5	0	
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1 glass, 5 oz

Total	2694	162.04	52.233	101.05	11.9	26.31	188.85	4359	1885.5	1919
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