

## Thursday, August 3, 2017

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>1156</b>	<b>72.91</b>	<b>24.643</b>	<b>33.63</b>	<b>3</b>	<b>12.89</b>	<b>84.81</b>	<b>1972</b>	<b>1551</b>	<b>988</b>
<b>Lunch</b>										
Inka Chips Plantain Chips	140	6.5	3	20	1		1	50	0	200
20 chips, 28 g										
Applegate Farms Chicken & Sage Breakfast Sausage	170	11.9	3.4	0	0	0	17	595	76.5	
100 g										
Pistachio Nuts	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
1 oz (49 kernels)										
<b>Total</b>	<b>468</b>	<b>31</b>	<b>7.942</b>	<b>27.93</b>	<b>3.9</b>	<b>2.17</b>	<b>23.84</b>	<b>645</b>	<b>76.5</b>	<b>491</b>
<b>Dinner</b>										
Pulled Pork	601	33.88	11.435	13.6	3.2	3.25	58.39	1531	164	
1 1/2 cups cooked, diced										
Pork Spareribs	276	21.12	7.751	0	0	0	20.26	178	84	223
2 medium (yield after cooking, bone removed)										
Coleslaw	83	3.13	0.462	14.89	1.8		1.55	28	10	217
1 cup										

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<b>Total</b>	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	
1 glass, 5 oz										

<b>Total</b>	<b>2694</b>	<b>162.04</b>	<b>52.233</b>	<b>101.05</b>	<b>11.9</b>	<b>26.31</b>	<b>188.85</b>	<b>4359</b>	<b>1885.5</b>	<b>1919</b>
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