

Saturday, August 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 extra large	341	23.06	7.19	1.79	0	1.79	29.19	325	981	311
Ground Beef (Cooked) 1 cup cooked	339	22.85	8.846	0	0	0	31.18	492	108	353
Cooked Cauliflower (Fat Not Added in Cooking) 1 cup	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
Bacon Grease 1 tsp	39	4.28	1.677	0	0	0	0	6	4	
Total	759	50.86	17.818	8.92	4.9	4.09	63.52	1334	1093	916
Lunch										
Deschutes Brewery Mirror Pond Pale Ale 1 bottle, 12 g	170	0		13	0	0	0	0	0	
Dinner										
Tequila 6 fl oz (no ice)	385	0	0	0	0	0	0	2	0	
Ham (Whole, Cured, Roasted) 6 oz	413	28.51	10.166	0	0	0	36.67	2018	105	486
Chicken Drumstick Meat and Skin (Broilers or Fryers, Flour, Fried, Cooked) 2 drumsticks, bone removed	240	13.45	3.587	1.6	0.1		26.42	87	88	224
Coleslaw 1/2 cup	41	1.57	0.231	7.45	0.9		0.77	14	5	109
Brownie 2 brownies (2" square)	258	9.36	1.943	42.53	1.5	25	3.24	101	24	121

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Cheddar Cheese 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
Gingersnaps 1 large (approx 3-1/2" to 4" dia)	133	3.14	0.784	24.61	0.7	6.37	1.79	209	0	111
Total	1809	83.87	34.428	77.27	3.2	31.81	89.81	2953	310	1133
Snacks/Other										
Made in Nature Dried Bananas 1/4 cup, 30 g	100	0.5	0	26	3	14	1	0	0	450
Total	2838	135.23	52.246	125.19	11.1	49.9	154.33	4287	1403	2499