Tuesday, August 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Lunch										
AMC Movie Theater Popcorn (Large) 1 serving, 124 g	664	31		75	9		13			
Dinner										
Qdoba Mexican Grill Mango Chicken Salad 1 seeving, 10.9 oz	810	43	15	54	7	9	42	1055	170	810
Snacks/Other										
Pizza Hut Fried Cheese Sticks 1/2 x 4 cheese sticks, 59.5 g	190	12	4.5	14.5	1	1.5	6.5	510	20	
Funnel Cake 1/4 cake (6" dia)	69	3.6	0.677	7.27	0.2	0.9	1.83	67	16	38
Great Value Vanilla Ice Cream Cups 1 cup, 49 g	100	5	3.5	12	0	10	2	50	20	95
Total	359	20.6	8.677	33.77	1.2	12.4	10.33	627	56	133
Total	**1938**	**94.99**	**23.809**	**189.72**	**20.3**	**35.83**	**66.62**	**1683**	**226**	**1365**