Monday, July 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
America's Choice Bacon Thick Sliced 1 slices, 16 g	90	7	2.5	0	0	0	5	240	15	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	446	26.83	12.991	27.64	1	1.56	22.84	694	247	144
Lunch										
Rubio's Fresh Mexican Grill Baja Grill Burrito Chicken 1 burrito, 379 g	590	25	10	54	4	6	41	2070	95	
Dinner										
Trader Joe's Smoked Andouille Chicken Sausage 3 x 1 link, 273 g	540	27	7.5	6	3	3	63	2880	225	
Snacks/Other										
Sun Chips Harvest Cheddar (Package) 1 package, 42.5 g	210	9	1	27	4	4	4	220	0	
Cabbage Salad or Coleslaw with Dressing	269	23.64	3.593	14.08	3.5	9.13	2.36	521	11	379

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Jose Cuervo Tequila	69	0	0	0	0	0	0	0	0	0
1 shot, 1 oz										
Beer	464	0	0	38.34	0	0	4.97	43	0	292
3 cans or bottles (12 fl oz)										
Beer	77	0	0	6.39	0	0	0.83	7	0	49
1/2 can or bottle (12 fl oz)										
Total	1089	32.64	4.593	85.81	7.5	13.13	12.16	791	11	720
Total	**2665**	**111.47**	**35.084**	**173.45**	**15.5**	**23.69**	**139**	**6435**	**578**	**864**