Tuesday, October 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Trader Joe's Santa Maria Tri-tip Roast 3 x 4 oz, 339 g	600	21	7.5	0	0	0	96	810	270	
Buckhorn Grill Corn Bread Muffin 1 muffin, 3 oz	259	7	1	43	3	30	5	443	22	
Total	859	28	8.5	43	3	30	101	1253	292	
Dinner										
Snacks/Other										
Wal-Mart Donut Holes 2 x 3 holes, 114 g	460	24	10	56	2	32	4	300	10	
Total	**1319**	**52**	**18.5**	**99**	**5**	**62**	**105**	**1553**	**302**	