Sunday, April 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Shrimp 1 cup	371	18.89	1.937	35.57	1.5	1.17	13.65	912	114	
Trader Joe's Organic Tea & Lemonade 8 fl oz, 240 ml	100	0		25	0	25	0	35	0	
Total	471	18.89	1.937	60.57	1.5	26.17	13.65	947	114	
Lunch										
Gatorade Fuel Bar 1 bar	220	3.5	1.5	45	2	19	5	180	0	
Taco Del Mar Fish Taco 1 taco, 159 g	270	17	4	22	3	2	9	390	35	
Total	490	20.5	5.5	67	5	21	14	570	35	
Dinner										
Southwest Airlines Lightly Salted Peanuts 1 bag, 12 g	70	6		2			3			
Hummus 4 tbsps	106	5.15	0.674	12.07	2.4	0.28	2.92	145	0	104
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Sauvignon Blanc Wine 4 5 fl oz servings	482	0		12.05			0.41			
Total	804	18.16	1.411	45.72	4	0.58	8.67	271	0	168
Snacks/Other										

Sunday, April 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1765	57.55	8.848	173.29	10.5	47.75	36.32	1788	149	168