Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Goat Cheese 1 oz	102	8.18	5.655	0.53	0	0.53	6.67	117	22	22
Nabisco Triscuit Crackers Original 6 crackers, 28 g	120	4	0.5	20	3	0	3	180	0	115
Coca-Cola Diet Coke (Can) 2 x 1 can, 24 oz	0	0		0	0	0	0	80	0	
Total	222	12.18	6.155	20.53	3	0.53	9.67	377	22	137
Lunch										
Ice Cream 1 cup	267	14.26	8.801	32.45	0.9	29.66	4.68	98	53	269
Deep Fried Potato French Fries (from Frozen) 1 10 strip portion (1" to 2")	112	5.96	1.412	13.14	1.2	0.24	1.32	68	0	194
Hunt's Bold BBQ Sauce 2 tbsp, 36 g	60	0	0	13	0	10	0	310	0	
Onion Rings (Breaded and Fried) 1 portion (8-9 onion rings)	276	15.51	6.953	31.32			3.7	430	14	129
Fried Battered Catfish 1 fillet (5" x 2-1/2" x 3/8")	182	12.8	2.802	5.03	0.2	0.31	11.12	79	42	211
Total	897	48.53	19.968	94.94	2.3	40.21	20.82	985	109	803
Dinner										
Cabernet Sauvignon Wine 4 5 fl oz servings	494	0		15.29			0.41			
Thin Crust Cheese Pizza 2 pieces (1/8 12" dia)	416	18.54	7.897	43.59	2.8	5.25	18.5	793	37	240

Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	910	18.54	7.897	58.88	2.8	5.25	18.91	793	37	240

Snacks/Other

Total	**2029**	**79.25**	**34.02**	**174.35**	**8.1**	**45.99**	**49.4**	**2155**	**168**	**1180**