Sunday, October 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ore-Ida Tater Tots	160	8	1.5	20	2	1	2	420	0	260
9 pieces, 86 g										
Cheeseburger with 1/4 Lb Meat on Bun	138	7.47	3.215	8.86	0.4	1.53	8.29	248	25	96
1/4 (1/4 lb) cheeseburger										
Coca-Cola Diet Coke (Can)	0	0	0	0	0	0	0	80	0	
2 x 1 can, 24 oz										
Total	298	15.47	4.715	28.86	2.4	2.53	10.29	748	25	356
Lunch										
Reese's Milk Chocolate Peanut Butter Cups	240	13.5	4.5	27	3	24	6	165	0	0
3 x 1 cup, 45 g										
Kellogg's Frosted Flakes	220	0	0	52	2	22	2	280	0	70
2 x 1 cup, 74 g										
Honey Sriracha Chicken	256	2.28	0.61	15.81	0	13.44	41.53	395	103	8
1 serving										
White Rice	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
1 cup cooked										
Coca-Cola Diet Coke (Can)	0	0	0	0	0	0	0	80	0	
2 x 1 can, 24 oz										
Total	920	16.22	5.23	138.89	5.6	59.52	53.73	1497	103	133
Dinner										
Stacy's Pita Chip Company Multigrain Pita Chips	280	10	1	38	4	2	6	540	0	
2 x 14 chips, 2 oz										
Sabra Roasted Red Pepper Hummus	140	10	2	8	4	0	4	260	0	

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 2 tbsp, 56 g										
Sauvignon Blanc Wine	482	0		12.05			0.41			
4 5 fl oz servings										
Total	902	20	3	58.05	8	2	10.41	800	0	
Snacks/Other										
Total	2120	51.69	12.945	225.8	16	64.05	74.43	3045	128	489