

Tuesday, December 15, 2020

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg	370	28.17	7.901	1.62	0	1.53	25.08	375	841	270
4 large										
America's Choice Bacon Thick Sliced	90	7	2.5	0	0	0	5	240	15	
2 slices, 15 g										
Pecans	196	20.4	1.752	3.93	2.7	1.13	2.6	0	0	116
1 oz (20 halves)										
Total	656	55.57	12.153	5.55	2.7	2.66	32.68	615	856	386
Lunch										
Fried Egg	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
3 large										
Trader Joe's Wild Alaskan Sockeye Salmon	160	7	2.5	0	0	0	23	80	60	
4 oz, 113 g										
Total	437	28.13	8.426	1.21	0	1.15	41.81	362	691	203
Dinner										
Fried Egg	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
3 large										
Smithfield Thick Cut Bacon	120	10	4	0	0	0	8	460	30	
2 x 1 fried slice, 26 g										
Season Brand Skinless & Boneless Sardines in 100% Olive Oil	200	12	3	0	0	0	22	340	56	
1/2 cup drained, 85 g										
Total	597	43.13	12.926	1.21	0	1.15	48.81	1082	717	203

Snacks/Other

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Equate KETO Fat Cups Peanut Butter	180	16	10	14	6	2	4	30	0	40
2 x 1 piece, 34 g										
Bullet Proof Coffee	382	43.58	33.145	0.02	0	0.02	0.44	7	52	
1 cup										
Total	562	59.58	43.145	14.02	6	2.02	4.44	37	52	40
Total	2252	186.41	76.65	21.99	8.7	6.98	127.74	2096	2316	832