

Day3

Food	Measure/Wgt.	Energy (kcal)	Prot (g)	Carb (g)	Fibr (g)	Fat (g)	Sat (g)	Mono (g)	Poly (g)	Chola (mg)	Calc (mg)
Klg Flakes	3c	300	6	72	3	0.5	0.3	t	0.3	0	0
w/Milk	1c	121	8	12	0	5	2.9	1.3	0.2	18	298
Sausage Role	2servings	131.5	3.5	14.25	0.5	7	2.2	2.8	1.4	7.5	54
Hamburger	4servings	1100	14	33	1	10	3.5	3.7	1.8	103	92
Onion Rings	1serving	380	5	38	0	23	6	15.2	0.9	0	20
Beer	96oz	1168	8	104	8	0	0	0	0	0	144
Total		3200.5	44.5	273.25	12.5	45.5	14.9	23	4.6	128.5	608

Notes

Beef Sausage	1pce	72	3	0.5	0	7	2.8	3.2	0.3	13	3
Biscuit	1pce	191	4	28	1	7	1.6	2.4	2.5	2	105
Burger Kebab=Chicken Sandwich											
Scone=1.5 bescuit											
Ckn, chz, trtlla=mexican pizza											
Beer	1serving	146	1	13	1	0	0	0	0	0	18

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Iron (mg)	Mag (mg)	Phos (mg)	Pota (mg)	Sodi (mg)	Zinc (mg)	Vit A (RE)	Thia (mg)	VT-E (a-TE)	Ribo (mg)	Niac (mg)	V-B6 (mg)	Fola (ug)	VT-C (mg)
26	9 ?		75	900	0.5	675	1	0.03	1.3	15	1.5	297	45
0.12	33 ?		376	122	0.95	139	0.09	0.17	0.4	0.21	0.1	12	2
0.78	8.5 ?		71.5	385	2.68	7.5	0.11	0.14	0.11	1.14	0.04	2	0.25
5.55	45 ?		527	742	5.81	4	0.34	1.61	0.41	6.73	0.37	84	1
1.8	130 ?		450		0	0.29		0.17	2.6				2
0.88	168 ?		712	144	0.56	0	0.16	0	0.72	12.88	1.44	168	0
35.13	393.5		2211.5	2293	10.5	825.79	1.7	2.12	5.54	35.96	3.45	563	50.25

0.38	3 ?		36	226	5	0	0.01	0.04	0.02	0.55	0.03	1	0
1.17	14 ?		107	544	0.35	15	0.2	0.23	0.2	1.72	0.04	3	0.5

0.11	21 ?		89	18	0.07	0	0.02	0	0.09	1.61	0.18	21	0
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