



Printable Diary for Ryanmcmullen982

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March 1, 2015

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kroger - Kemps-cottage Cheese, 1/2 C.=113 gr=4oz	80	5g	0g	15g	10mg	390mg	3g	0g
Oil - Vegetable, coconut, 1 tbsp	117	0g	14g	0g	0mg	0mg	0g	0g
Coffee - Brewed from grounds, 2 cup(s)	5	0g	0g	1g	0mg	9mg	0g	0g
Simple Truth Organic - Diced Pears In Organic Pear Juice From Concentrate, 1 bowl (113g)	60	14g	0g	0g	0mg	30mg	12g	2g
Lunch								
King Cotton - Original Smoked Sausage, 2 Link	380	4g	36g	18g	110mg	760mg	0g	0g
El Terrifico Tamale Co - White Cheese Dip Mexican Restaurant Style, 2 Tablespoons	80	2g	7g	4g	15mg	310mg	1g	0g
Dinner								
Paleo - Meatloaf, 1 slice	259	3g	14g	25g	99mg	188mg	2g	1g
Denny's - Sauteed Zucchini and Squash, 4 oz	60	3g	6g	1g	0mg	105mg	2g	1g
Primal Blueprint - Cinnamon Walnut Cracker, 0.5 crackers	77	2g	8g	2g	0mg	0mg	0g	1g
Snacks								
Kroger - Thick Sliced Bacon, 1 slice	60	0g	5g	4g	10mg	180mg	0g	0g
Walnuts - Walnut Pieces, 1/4 cup (28g)	185	4g	18g	4g	0mg	0mg	1g	2g
TOTAL:	1,363	37g	108g	74g	244mg	1,972mg	21g	7g