Wednesday, January 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nescafe 3 in 1 Coffee	74	2.1	2	13.2	0	0	0.3	0.05	0	
1 serving, 20 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Total	148	7.07	3.55	13.58	0	0.38	6.59	70.05	212	67
Lunch										
Dinner										
Snacks/Other										
Total	148	7.07	3.55	13.58	0	0.38	6.59	70.05	212	67