Tuesday, February 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Alfredo Sauce 3 cups	2989	299.47	187.871	18.59	0	1.82	65.83	3791	970	525
Dinner										
Snacks/Other										
Total	**2989**	**299.47**	**187.871**	**18.59**	**0**	**1.82**	**65.83**	**3791**	**970**	**525**