Sunday, April 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Beef 1 cup cooked, shredded	348	23.64	9.355	0	0	0	31.86	465	105	381
White Rice 3/4 cup cooked	153	0.33	0.09	33.06	0.5	0.06	3.15	433	0	41
Total	501	23.97	9.445	33.06	0.5	0.06	35.01	898	105	422
Dinner										
Snacks/Other										
Total	501	23.97	9.445	33.06	0.5	0.06	35.01	898	105	422