Friday, November 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
100% Juice White Grapefruit 1/2 x 1 cup, 4 oz	45	0	0	10.5	0	8.5	1	17.5	0	170
Psyllium Fiber 1 rounded tsp, 6 g	20	0	0	5	5	0	0	0	0	0
Coffee with Almond Milk and Agave 1 serving	37	0.66	0.004	7.28	0.6	6.7	0.46	42	0	132
Lemon Juice 0.16 fl oz	1	0	0	0.42	0	0.12	0.02	0	0	6
Tap Water 1 cup	0	0	0	0	0	0	0	5	0	
Total	103	0.66	0.004	23.2	5.6	15.32	1.48	64.5	0	308
Lunch										
Dinner										
Snacks/Other										
Total	103	0.66	0.004	23.2	5.6	15.32	1.48	64.5	0	308