

**Thursday, October 12, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
Banquet Turkey Pot Pie	320	18	6	31	2	3	10	740	40	120
1 pie, 198 g										
<b>Dinner</b>										
<b>Snacks/Other</b>										
Fiber One Strawberry Cheesecake Bar	150	6	4	24	5	10	2	120	15	
1 bar, 38 g										
<b>Total</b>	<b>470</b>	<b>24</b>	<b>10</b>	<b>55</b>	<b>7</b>	<b>13</b>	<b>12</b>	<b>860</b>	<b>55</b>	<b>120</b>