

Thursday, October 12, 2017

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