

**Thursday, October 5, 2017**

|   | <b>Cals</b><br>(kcal) | <b>Fat</b><br>(g) | <b>Sat</b><br>(g) | <b>Carbs</b><br>(g) | <b>Fiber</b><br>(g) | <b>Sugar</b><br>(g) | <b>Prot</b><br>(g) | <b>Sod</b><br>(mg) | <b>Chol</b><br>(mg) | <b>Potassium</b><br>(mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| <b>Breakfast</b>  |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| International Delight Chocolate<br>Caramel Coffee Creamer | 70                    | 3                 | 2                 | 12                  | 0                   | 12                  | 0                  | 0                  | 0                   |                          |
| 2 x 1 tbsp, 30 ml   |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| Coffee (Brewed From Grounds)                              | 2                     | 0.05              | 0.005             | 0                   | 0                   | 0                   | 0.28               | 5                  | 0                   | 116                      |
| 1 cup (8 fl oz)   |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| <b>Total</b>  | <b>72</b>             | <b>3.05</b>       | <b>2.005</b>      | <b>12</b>           | <b>0</b>            | <b>12</b>           | <b>0.28</b>        | <b>5</b>           | <b>0</b>            | <b>116</b>               |
| <b>Lunch</b>  |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| <b>Dinner</b>   |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| <b>Snacks/Other</b>                                       |                       |                   |                   |                     |                     |                     |                    |                    |                     |                          |
| <b>Total</b>  | <b>72</b>             | <b>3.05</b>       | <b>2.005</b>      | <b>12</b>           | <b>0</b>            | <b>12</b>           | <b>0.28</b>        | <b>5</b>           | <b>0</b>            | <b>116</b>               |