

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
International Delight Chocolate 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)										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116
Lunch										
Dinner										
Snacks/Other										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116