Sunday, January 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bakers Provita 2 biscuits, 23 g	91	2	1.1	13	1.8	1.6	2.1	146	0	
Lunch										
Dinner										
Snacks/Other										
Total	91	2	1.1	13	1.8	1.6	2.1	146	0	