Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cappuccino con Leche Semi Descremada	40	0.92	0.581	4.78	0.2	4.75	3.19	42	5	
1 coffee cup (6 fl oz)										
Café con Leche	135	5.51	3.322	12.36	0	13.55	8.81	126	20	555
1 medium										
Total	175	6.43	3.903	17.14	0.2	18.3	12	168	25	555
Lunch										
Yogur Natural	79	1.94	1.25	8.8	0	8.8	6.56	88	8	292
125 g										
Cappuccino con Leche Semi Descremada	40	0.92	0.581	4.78	0.2	4.75	3.19	42	5	
1 coffee cup (6 fl oz)										
Total	119	2.86	1.831	13.58	0.2	13.55	9.75	130	13	292
Dinner										
Carretilla Espárragos Blancos Extra	37	0.66	0	5.5	1.1	4.4	1.76	770		
220 g										
Snacks/Other										
Cerveza	144	0	0	11.88	0	0	1.54	13	0	90
330 ml										
Cerveza Normal	216	0	0	17.83	0	0	2.31	20	0	136
500 ml										
Total	360	0	0	29.71	0	0	3.85	33	0	226
Total	**691**	**9.95**	**5.734**	**65.93**	**1.5**	**36.25**	**27.36**	**1101**	**38**	**1073**