Friday, May 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Optimum Nutrition Protein Cake Bites - Red Velvet	76	2.31		7.26			6.6			
1/3 x 3 bites, 20 g										
Wonderful Pistachios (Package)	100	8.3	1.24	4.98	1.66	1.66	4.15	99.6	0	0
19 g										
Hillshire Farm Hillshire Snacking Small Plates	300	21	9	13	0.9	1	16	870		
1 package , 78 g										
Total	476	31.61	10.24	25.24	2.56	2.66	26.75	969.6	0	0
Lunch										
Dinner										
Snacks/Other										
Total	476	31.61	10.24	25.24	2.56	2.66	26.75	969.6	0	0