## Thursday, April 7, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Peanut Butter | 94 | 8.06 | 1.647 | 3.13 | 1 | 1.48 | 4.01 | 73 | 0 | 104 |
| 1 tbsp | | | | | | | | | | |
| Celery | 6 | 0.07 | 0.017 | 1.19 | 0.6 | 0.73 | 0.28 | 32 | 0 | 104 |
| 1 stalk medium (7-1/2" - 8" long) | | | | | | | | | | |
| Total | 100 | 8.13 | 1.664 | 4.32 | 1.6 | 2.21 | 4.29 | 105 | 0 | 208 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Total | 100 | 8.13 | 1.664 | 4.32 | 1.6 | 2.21 | 4.29 | 105 | 0 | 208 |