Friday, June 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Red Berry Cereal Bar	89	1	0.7	19	0.6	8	1	50		
1 bar, 23 g										
Costa Coffee Skimmed Americano (Primo)	13	0.2	0	1.8	0	1.4	1.1	0		
1 serving										
Total	102	1.2	0.7	20.8	0.6	9.4	2.1	50		
Lunch										
Dinner										
Snacks/Other										
Total	102	1.2	0.7	20.8	0.6	9.4	2.1	50		