Wednesday, July 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
protein shake 2 1 mix	368	3	2	39.5	9.5	27.5	45	417	0	1277
Lunch										
Tex-Mex Ground Turkey Sweet Potato Picadillo one container	330	18	5	9	2	4	33	440	215	
Dinner										
Zedric's Zedric's Chicken Cran Bento Box One-Stze one Container	300	15	3.5	15	2	12	22	450	250	
Snacks/Other										
Total	998	36	10.5	63.5	13.5	43.5	100	1307	465	1277