Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
So Delicious Coconut Milk Creamer - Original 2 x 1 tbsp, 30 ml	20	0	0	2	0	2	0	0	0	
Lunch										
Dinner										
Snacks/Other										
Total	20	0	0	2	0	2	0	0	0	