Saturday, June 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	3	0.06	0.006	0.12	0	0	0.36	20	0	139
Lunch	3	0.06	0.006	0.12	0	0	0.36	20	0	139
Dinner	6	0.12	0.012	0.24	0	0	0.71	26	0	278
Snacks/Other	28	0.5	0	0	0	0	0	0	0	80
Total	**40**	**0.74**	**0.024**	**0.48**	**0**	**0**	**1.43**	**66**	**0**	**636**