Thursday, September 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hard-Boiled Egg	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
2 large										
Kroger Turkey Sausage	70	4	1	1	0	0	7	220	30	
2 links										
Total	225	14.61	4.267	2.12	0	1.12	19.58	344	454	126
Lunch										
Dinner										
Snacks/Other										
Total	225	14.61	4.267	2.12	0	1.12	19.58	344	454	126