Saturday, November 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
GNC Total Lean Shake - Vanilla Bean (Bottle) 1 bottle, 14 oz	170	6	1	6	3	2	25	330	20	310
Dinner										
Trader Joe's Grilled Chicken Caesar Wrap 1/2 wrap	370	20	3.5	28	2	1	17	850	40	
Snacks/Other										
Pop Secret Popcorn Butter 100 Calorie Pop 1 bag popped, 24 g	100	3	1	16	3	0	2	220	0	
Total	**640**	**29**	**5.5**	**50**	**8**	**3**	**44**	**1400**	**60**	**310**